



Latino Lunch


JUNE 2025

For cancellations & questions about your meals, please call the Nutrition Department at (413) 538-9020 by NOON the business day before.

MEALS SUBJECT TO CHANGE WITHOUT NOTICE.

Access Care Partners

formerly WestMass ElderCare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pollo Guisado (193), Mashed Garlic Yuca (22), Cumin Roasted Broccoli (13), Tropical Fruit (5) WG Bread (125), Milk (103) Sodium 461, Calories 595	3 Meatballs w/ Smoked Paprika Cumin Sauce (638*), Mashed Garlic Plantains (9), Wax Beans (4), Fresh Orange (0), White Bread (125), Milk (103) Sodium 879, Calories 646	4 Chimichurri Beef Brisket (408), Mofongo (9), Roasted Brussels Sprouts (19), Chocolate Pudding (110) / SF Pudding, WG Bread (125), Milk (103) Sodium 774, Calories 720	5 Turkey w/ Sofrito Gravy (589*), Homemade Mashed Potatoes (76), Green Beans (4), Clementine (1), White Bread (125), Milk (103) Sodium 897, Calories 450	6 White Fish w/ Spinach Artichoke Sauce (334), Stewed Beans (373), Catalina Blend Vegetables (41), Chocolate Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103) Sodium 1108, Calories 566
9 Cilantro Lime Chicken (310), Garlic Linguini (2), Tarragon Carrots (79), Fresh Orange (0), White Bread (125), Milk (103) Sodium 619, Calories 534	10 TACO TUESDAY Beef Taco (131), Yellow Rice (34), Fire Roasted Corn (2), Mandarin Oranges (6), Flour Tortillas (320), Milk (103) Sodium 595, Calories 820	11 Pollo Guisado (193), Egg Noodles (17), Catalina Blend Vegetables (41), Tropical Fruit (5), White Bread (125), Milk (103) Sodium 484, Calories 666	12 BIRTHDAY CAKE Pulled Pork (40), Yellow Rice & Beans (40), Broccoli, Peppers, Onions (9), Chocolate Cake (320) / SF Cookie, WG Bread (125), Milk (103) Sodium 637, Calories 767	13 Lemon Crumb White Fish (367), Sour Cream & Chive Mashed Potatoes (83), Roasted Cauliflower & Red Peppers (49), Rice Krispies Treat (105) / SF Cookie, White Bread (125), Milk (103) Sodium 832, Calories 483
16 Southwest Chicken Strips (453), Tex Mex Rice (29), Black Beans & Corn (60), Tropical Fruit (5), WG Bread (125), Milk (103) Sodium 774, Calories 640	17 Latino Shepherd's Pie (277), Garlic Mashed Plantains (9), Buttered Carrots (96), Fresh Orange (0), White Bread (125), Milk (103) Sodium 611, Calories 709	18 ETHNIC MEAL - POLISH Lazy Man's Galumpki (189), Roasted Cauliflower (21), Rice Pudding (15) / SF Pudding WG Bread (125), Milk (103) Sodium 453, Calories 623	19 JUNETEENTH HOLIDAY 	20 White Fish w/ Green Sofrito Sauce (334), Mofongo (9), Green Beans (4) Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103) Sodium 681, Calories 641
23 Latino Turkey Chili (375), Malanga (22), Cumin Roasted Brussels Sprouts (27), Choc Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103) Sodium 783, Calories 656	24 Latino Beef Stew (188), Cumin Rice & Black Beans (113), Peas & Carrots (80), Tropical Fruit (5), White Bread (125), Milk (103) Sodium 614, Calories 739	25 Chicken w/ Sofrito Cream Sauce (203), Garlic Roasted Plantains (3), Monte Carlo Vegetables (20), Chocolate Brownie Cookie (115) / SF Cookie, WG Bread (125), Milk (103) Sodium 568, Calories 541	26 Latino Pulled Pork (122), Mashed Garlic Yuca (22), Broccoli & Corn (14), Banana (1) White Bread (125), Milk (103) Sodium 387, Calories 766	27 Latino Seafood Stew (475), Adobo Steamed Potatoes (33), Roasted Brussels Sprouts (19), Mixed Fruit (0), WG Bread (125), Milk (103) Sodium 755, Calories 572
30 Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (270), Mandarin Oranges (6), WG Bread (125), Milk (103) Sodium 716, Calories 560	MENU KEY: High Sodium items (>500mg) are marked with asterisk* <u>High Sodium Days</u> are >1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg) SF = Sugar Free; WG = Whole Grain		Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>