






# November 2025 – Latino Lunch

For cancellations, please call the Nutrition Department  
at (413) 538-9020 by NOON the business day before.  
**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU KEY:</b> High Sodium foods (>500mg) are marked with an asterisk* High Sodium Day = meals with 1200mg or more sodium in total The number in parenthesis next to food 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.	
<b>3</b>  <b>Turkey &amp; Bean Chili (375)</b> Adobo Potatoes (33) Broccoli (15) Vanilla Pudding (115) / SF Pudding White Bread (125), Milk (103)	<b>4 Special – Indian-Inspired</b>  <b>Sweet Curry Chicken (296)</b> Sesame White Rice (89) Peas & Carrots (80) Mixed Fruit (0) WG Bread (125), Milk (103)	<b>5</b>  <b>Lasagna Roll</b> <b>w/ Garden Tomato Sauce (573*)</b> Monte Carlo Vegetables (20) Tropical Fruit (5) White Bread (125), Milk (103)	<b>6</b>  <b>Chicken Sofrito w/ Cheese (374)</b> Mashed Garlic Yuca (22) Brussels Sprouts (19) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)	<b>7</b>  <b>Beef Pastelón (253)</b> Green Beans (4) Fresh Clementine (1) White Bread (125), Milk (103)
<b>Sodium 766, Calories 638</b>	<b>Sodium 694, Calories 585</b>	<b>Sodium 826, Calories 691</b>	<b>Sodium 775, Calories 792</b>	<b>Sodium 486, Calories 487</b>
<b>10</b>  <b>Chicken w/ Adobo Sauce (432)</b> Stewed Beans (373) Italian Zucchini & Carrots (49) Mandarin Oranges (6) WG Bread (125), Milk (103)	<b>11 Veteran's Day - Closed</b>  	<b>12</b>  <b>Spaghetti and Meatballs</b> <b>w/ Marinara Sauce (576*)</b> Broccoli (15) Peaches (0) White Bread (125), Milk (103)	<b>13 Special – Breakfast for Lunch</b>  <b>Turkey Sausage Patties (620*)</b> <b>French Toast Sticks w/ Syrup (290)</b> Hashbrown (280) w/ Ketchup pkt (85) Fresh Apple (2) Orange Juice (0), Milk (103)	<b>14</b>  <b>Cheese Ravioli</b> <b>w/ Sofrito Marinara (423)</b> California Blend Vegetables (42) Choc Pudding (110) / SF Pudding WG Bread (125), Milk (103)
<b>Sodium 1087, Calories 511</b>	<b>NO MEAL SERVICE</b>	<b>Sodium 819, Calories 666</b>	<b>Sodium 1380 HIGH, Calories 880</b>	<b>Sodium 803, Calories 631</b>
<b>17</b>  <b>Hot Dog (448)</b> Baked Beans (288) Garden Mix Vegetables (48) Mixed Fruit (0) Hot Dog Bun (270), Milk (103)	<b>18</b>  <b>Meatloaf w/ Sauce (264)</b> Garlic Parsley Potatoes (32) Green Beans (4) Tropical Fruit (5) White Bread (125), Milk (103)	<b>19</b>  <b>Cheese Manicotti</b> <b>w/ Sofrito Marinara (605*)</b> Braised Spinach (98) Peaches (0) WG Bread (125), Milk (103)	<b>20 Special – Holiday Meal</b>  <b>Turkey w/ Stuffing &amp; Gravy (851*)</b> Mashed Potatoes (76) Whipped Butternut Squash (28) Apple Crisp (200) / SF Cookie White Bread (125), Milk (103)	<b>21 Special – Birthday Cake</b>  <b>Sloppy Joe (152)</b> Potato Wedges (27) Broccoli (15) White Cake (210) / SF Cookie Hamburger Bun (240), Milk (103)
<b>Sodium 1157, Calories 598</b>	<b>Sodium 534, Calories 592</b>	<b>Sodium 931, Calories 544</b>	<b>Sodium 1383 HIGH, Calories 879</b>	<b>Sodium 747, Calories 865</b>
<b>24</b>  <b>BBQ Pulled Pork (515*)</b> Baked Sweet Potato (29) Corn, Peppers, Onions (5) Fresh Orange (0) WG Bread (125), Milk (103)	<b>25 Special – Taco Tuesday</b>  <b>Beef Taco w/ Cheese (221)</b> Yellow Rice (34) Fire Roasted Corn (2) Pineapples (0) Flour Tortillas (320), Milk (103)	<b>26</b>  <b>Chimichurri Chicken (192)</b> Mashed Garlic Yuca (22) Brussels Sprouts (19) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)	<b>27 Happy Thanksgiving - Closed</b>  	<b>28</b>  <b>No Meal Service</b>  
<b>Sodium 777, Calories 823</b>	<b>Sodium 679, Calories 899</b>	<b>Sodium 593, Calories 675</b>	<b>NO MEAL SERVICE</b>	<b>NO MEAL SERVICE</b>