



LATINO LUNCH

AUGUST 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.		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		1 Cheese Ravioli w/ Latino Red Sauce (558*) Italian Zucchini & Carrots (49) Mixed Fruit (0) WG Bread (125) Milk (103) Sodium 835, Calories 609
4 Cilantro Lime Chicken (310) Mofongo (9) Tarragon Carrots (79) Fresh Orange (0) White Bread (125), Milk (103) Sodium 626, Calories 584	5 TACO TUESDAY Beef Taco w/ Cheese (221) Yellow Rice (34) Fire Roasted Corn (2) Mandarin Orange (6) Flour Tortilla (320), Milk (103) Sodium 685, Calories 875	6 Pollo Guisado (193) ½ Baked Potato (4) Catalina Vegetables (41) Clementine (1) White Bread (125), Milk (103) Sodium 467, Calories 474	7 BIRTHDAY CAKE Latino Pulled Pork (122) Yellow Rice & Black Beans (40) Broccoli, Peppers, Onions (9) Chocolate Cake (320) / SF Cookie WG Bread (125), Milk (103) Sodium 718, Calories 886	8 Lemon Crumb White Fish (367) Mashed Plantains (9) Cauliflower & Red Peppers (49) Rice Crispy Treat (105) / SF Cookie White Bread (125), Milk (103) Sodium 758, Calories 490
11 Southwestern Chicken Strips (453) Tex-Mex Rice (29) Black Beans & Corn (60) Tropical Fruit (5) WG Bread (125), Milk (103) Sodium 774, Calories 640	12 Latino Shepherd's Pie (259) Garlic Roasted Plantains (3) Buttered Carrots (96) Fresh Orange (0) White Bread (125), Milk (103) Sodium 586, Calories 704	13 ETHNIC MEAL - POLISH Lazy Man's Beef Galumpki (189) Roasted Cauliflower (21) Vanilla Pudding (115) / SF Pudding WG Bread (125), Milk (103) Sodium 553, Calories 649	14 Chimichurri Chicken (192) Adobo Potatoes (33) Spanish Stewed Tomatoes (192) Banana (1) White Bread (125), Milk (103) Sodium 647, Calories 535	15 Lasagna Rollette (490) w/ Sofrito Marinara (145) Broccoli (15) Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103) Sodium 983, Calories 664
18 Latino Turkey Chili (375) Mashed Malanga (22) Cumin Brussels Sprouts (27) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103) Sodium 783, Calories 656	19 Latino Beef Stew (188) Cumin Rice & Black Beans (113) Peas & Carrots (80) Clementine (1) White Bread (125), Milk (103) Sodium 609, Calories 706	20 Chicken w/ Sofrito Cream (203) Garlic Roasted Plantains (3) Monte Carlo Vegetables (20) Brownie Cookie (115) / SF Cookie WG Bread (125), Milk (103) Sodium 568, Calories 541	21 BBQ Pulled Pork (515*) Mashed Garlic Yuca (22) Broccoli (15) Banana (1) White Bread (125), Milk (103) Sodium 781, Calories 794	22 Latino Seafood Stew (475) Adobo Steamed Potatoes (33) Brussels Sprouts (19) Mixed Fruit (0) WG Bread (125), Milk (103) Sodium 755, Calories 572
25 Chicken Jambalaya (342) Red Beans & Rice (113) 5 Way Vegetables (27) Mandarin Oranges (6) WG Bread (125), Milk (103) Sodium 716, Calories 560	26 Cheeseburger (221) Herb Roasted Potatoes (30) Broccoli (15), Banana (1) Hamburger Bun (240), Milk (103) w/ Ketchup (85) Sodium 695, Calories 772	27 Chicken w/ Spinach Artichoke Sauce (189), Yuca Fries (21) Braised Spinach (98) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103) Sodium 667, Calories 652	28 Chicken w/ Cilantro Cream (193) Mofongo (9) Carrots & Broccoli (53) Tropical Fruit (5) WG Bread (125), Milk (103) Sodium 487, Calories 485	29 Panko White Fish w/ Tomato Cream (287) Mashed Plantains (9) 3 Way Vegetables (40) Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103) Sodium 669, Calories 505