



REGULAR LUNCH

MARCH 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
3 Chicken Parmesan (629)* Rigatoni w/ Red Sauce (81) Green Beans (4) Fresh Fruit (1) White Bread (125), Milk (103) Sodium 944, Calories 771	4 Teriyaki-Glazed Beef Short Ribs (62) Ginger Fried Rice w/ Carrots (100) Catalina Blend Vegetables (41) Fudge Brownie (230) / SF Cookie Whole Grain Bread (125), Milk (103) Sodium 661, Calories 698	5 Ethnic Meal - Indian Sweet Curry Chicken w/ Red Peppers (296), Sesame Jasmine Rice (89), Cauliflower (18), Pudding (110) / SF Pudding, Naan Bread (360), Milk (103) Sodium 976, Calories 656	6 Honey-Glazed Pork Loin (52), Sour Cream & Chive Mashed Potatoes (83) Broccoli (17) Tropical Fruit (5) White Bread (125), Milk (103) Sodium 385, Calories 606	7 Cheese Ravioli a la Vodka (536)* Italian Zucchini Carrot Blend (49) Mixed Fruit (0) Whole Grain Bread (125) Milk (103) Sodium 813, Calories 603
10 Open-Faced Pumpkin Stuffed Chicken w/ Sauce (381), Herb Roasted Potatoes (30), California Blend Vegetables (42), Banana (1) White Bread (125), Milk (103) Sodium 682, Calories 585	11 Spaghetti & Meatballs w/ Red Sauce (691)*, Wax Beans (4), Broccoli (17) Mandarin Oranges (6) Whole Grain Bread (125) Milk (103) Sodium 946, Calories 696	12 BIRTHDAY CAKE Boneless Pork Chop w/ Garlic Cream Sauce (175), Baked Sweet Potato (29) Meadow Blend Vegetables (20) Cake (320) / SF Cookie White Bread (125), Milk (103) Sodium 772, Calories 858	13 Homemade Turkey Salisbury Steak w/ Gravy (312), Brown Rice Pilaf (79), Peas & Carrots (80), Fresh Fruit (1) Whole Grain Bread (125) Milk (103) Sodium 701, Calories 727	14 Tuscan White Fish (281) topped w/ Ratatouille Vegetables (66) Pesto White Rice (21) Pineapple (0) White Bread (125), Milk (103) Sodium 596, Calories 429
17 St. Patrick's Day Irish Beef Stew (188) Homemade Mashed Potatoes (76) Broccoli (17) Fresh Apple (1) Whole Grain Bread (125), Milk (103) Sodium 509, Calories 678	18 Homemade Meatloaf w/ Sauce (264) Baked Sweet Potato (29) Brussels Sprouts (19) Yogurt (60) White Bread (125), Milk (103) Sodium 601, Calories 666	19 Chicken Marsala w/ Sauce (357) Herb Roasted Potatoes (30) Garden Mixed Vegetables (48) Mixed Fruit (5) Whole Grain Bread (125), Milk (103) Sodium 663, Calories 549	20 BBQ Pulled Pork (515)* Basmati Rice (4) Corn, Peppers, Onions (5) Fresh Fruit (1) White Bread (125), Milk (103) Sodium 752, Calories 770	21 HIGH SODIUM DAY Seafood Stuffed White Fish (773)* Italian Herb White Rice (55) Broccoli (17), Chocolate Chip Cookie (132) / SF Cookie Whole Grain Bread (125), Milk (103) Sodium 1205, Calories 644
24 Beef Shepard's Pie w/ Corn (259) Homemade Mashed Potatoes (76) Fresh Fruit (1) White Bread (125) Milk (103) Sodium 563, Calories 676	25 TACO TUESDAY Beef Taco (131), Yellow Rice (34) Fire Roasted Corn (2) Shredded Cheese (90) Fresh Orange (0) Flour Tortilla (320), Milk (103) Sodium 679, Calories 904	26 Braised Pork & Vegetable Stew (271) Seasoned Potatoes (99), Broccoli (17) Pudding (110) / SF Pudding Whole Grain Bread (125) Milk (103) Sodium 708, Calories 629	27 Open-Faced Apple Brie Stuffed Chicken (636)*, Whipped Squash (28) Meadow Blend Vegetables (20) Mixed Berry Cobbler (22) / SF Cookie White Bread (125), Milk (103) Sodium 934, Calories 682	28 White Fish w/ Florentine Sauce (397) Garlic Parsley Brown Rice (21) Catalina Blend Vegetables (41) Peaches (0) Whole Grain Bread (125), Milk (103) Sodium 688, Calories 483
31 Swedish Meatballs w/ Swedish Sauce (700)*, Egg Noodles (17) Broccoli (17) Fresh Fruit (1) White Bread (125), Milk (103) Sodium 963, Calories 758	 <p>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</p>	 <p>formerly WestMass ElderCare</p>	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 Item (>500mg) are marked with asterisk* High Sodium Days are >1200mg Number in parenthesis next to item is the sodium content in milligrams (mg). SF = Sugar Free (diet dessert)