

REGULAR SUPPER
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	SATURDAY	SUNDAY
 Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.		MENU KEY: High Sodium Items (>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; WG = Whole Grain			1 Chicken Salad (286), Gemelli Pasta Salad (138), Marinated Veg Salad (165), Applesauce (10), WG Bread (125), Milk (103)	2 Fiesta Chicken Salad (237), Caribbean 3 Bean Salad (391), Curry Broccoli Salad (190), Fresh Fruit (1), White Bread (125), Milk (103)
					Sodium 827, Calories 827	Sodium 721, Calories 1047
3 Egg Salad (320), Macaroni Salad (169), Broccoli Slaw (86) Tropical Fruit (5) WG Bread (125), Milk (103)	4 Dill Salmon Salad (204), Spinach Feta Couscous Salad (256), Pickled Cucumber Salad (3), Fresh Fruit (1), White Bread (125), Milk (103)	5 Cheeseburger (221), Potato Wedges (27), Parslied Carrots (101), Pineapple (0), Hamburger Bun (240), Milk (103) w/ Ketchup packet (85)	6 Cold Sesame Noodles w/ Chicken (377), Cauliflower & Carrot Slaw (80), SF Cookie (75) WG Bread (125), Milk (103)	7 Tuna Pasta Salad (208) Carrot Raisin Salad (119) Mixed Fruit (0) White Bread (125), Milk (103)	8 Antipasto Salad (716)* Roasted Zucchini Salad (245) Fresh Fruit (1) WG Bread (125), Milk (103)	9 Curry Chicken Salad (153), Sweet Potato Salad (120), Roast Brussels Sprout Salad (188), Peaches (0), White Bread (125), Milk (103)
Sodium 807, Calories 1009	Sodium 781, Calories 938	Sodium 777, Calories 773	Sodium 760, Calories 768	Sodium 555, Calories 556	Sodium 1190, Calories 564	Sodium 689, Calories 702
10 Seafood Salad (724)*, Fall Farro Salad (166), Roasted Cauliflower Salad (60), Fresh Fruit (1) WG Bread (125), Milk (103)	11 Meatloaf w/ Sauce (264), Homemade Mashed Potatoes (76), Green Beans (4), SF Cookie (75) White Bread (125), Milk (103)	12 Chicken Salad (286), Quinoa & Chickpea Greek Salad (257), Fall Roasted Veg Salad (53), Applesauce (10), WG Bread (125), Milk (103)	13 Turkey Apricot Salad (464), Quinoa Veg Salad (255), Chopped Kale Salad (208), Pears (0), White Bread (125), Milk (103)	14 White Fish w/ Lemon Parsley Butter (483), Brown Rice Pilaf (79), Broccoli (17), Fresh Fruit (1), WG Bread (125), Milk (103)	15 Cold Pesto Chicken (195), Spinach Feta Couscous (256), Tomato Provolone Salad (370), SF Cookie (75), White Bread (125), Milk (103)	16 Fiesta Chicken Salad (237), Fall Roasted Veg Salad (53), Cucumber Salad (142), Peaches (0) WG Bread (125), Milk (103)
Sodium 1178, Calories 711	Sodium 648, Calories 586	Sodium 834, Calories 795	Sodium 1156, Calories 720	Sodium 808, Calories 695	Sodium 1125, Calories 878	Sodium 659, Calories 794
17 Cold Sesame Noodle w/ Chicken (377), Cauliflower Red Pepper Salad (232), Fresh Fruit (1) White Bread (125), Milk (103)	18 Apricot Chicken Salad (247), Pesto Bowtie Salad (184), Broccoli Raisin Salad (187), SF Cookie (75), WG Bread (125), Milk (103)	19 Dill Salmon Salad (204), Cucumber Dill Salad (142), Roasted Cauliflower & Tomato Salad (191), Pears (0) White Bread (125), Milk (103)	20 Chicken Parmesan (629)*, Rigatoni w/ Red Sauce (81), Italian Veg Medley (14), Yogurt (60), WG Bread (125), Milk (103)	21 Egg Salad (320), Potato Salad (132), Tomato Basil Salad (198) Tropical Fruit (5) White Bread (125), Milk (103)	22 Chicken Salad (286), Marinated Summer Squash Salad (168), Carrot Raisin Salad (119), Mixed Fruit (0), WG Bread (125), Milk (103)	23 Turkey Apricot Salad (464), Fall Farro Salad (166), Chopped Kale Salad (208), Fresh Fruit (1), White Bread (125), Milk (103)
Sodium 838, Calories 810	Sodium 922, Calories 967	Sodium 765, Calories 667	Sodium 1013, Calories 723	Sodium 883, Calories 844	Sodium 801, Calories 777	Sodium 1068, Calories 754
24 Cilantro Lime Chicken (310), Brown Rice (44), Fire Roasted Corn (2), SF Cookie (75), WG Bread (125), Milk (103)	25 Chicken Romaine Salad (139), Potato Salad (132), Fresh Cherry Tomatoes (3), Fresh Fruit (1) White Bread (125), Milk (103)	26 Turkey (420) Provolone Cheese (190), Vidalia Onion Pasta Salad w/ Veggies (101), Peaches (0) WG Bread (125), Milk (103)	27 BBQ Pulled Pork (515)*, Herb Roasted Potatoes (30), Ginger Carrots (75), Pears (0), White Bread (125), Milk (103)	28 Tuna Pasta Salad (208) Marinated Vegetables (138) Mixed Fruit (0) WG Bread (125), Milk (103)	29 Turkey Apricot Salad (464), Gemelli Pasta Salad (165), Broccoli Slaw Salad (86), Fresh Fruit (1), White Bread (125), Milk (103)	30 Fiesta Chicken Salad (237), Caribbean 3 Bean Salad (391), Curry Broccoli Salad (190), Tropical Fruit (5), WG Bread (125), Milk (103)
Sodium 658, Calories 654	Sodium 502, Calories 518	Sodium 939, Calories 677	Sodium 847, Calories 723	Sodium 574, Calories 482	Sodium 944, Calories 830	Sodium 1050, Calories 694
31 Egg Salad (320), Macaroni Salad (169), Roasted Cauliflower Salad (60), Applesauce (10) White Bread (125), Milk (103)		Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.				
Sodium 786, Calories 968						