



RENAL 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>	 <small>formerly WestMass ElderCare</small>	MENU KEY: Renal meals contain 560mg sodium or less, 800mg potassium or less, and 350mg phosphorous or less. Number in parenthesis next to item is the sodium content in milligrams (mg). LS = Low Sodium; SF = Sugar Free			<b>1 <u>FROZEN MEAL</u></b>  Twisted Mac and Cheese, Carrots, Pears, LS Wheat Bread, Cranberry Juice	<b>2 <u>FROZEN MEAL</u></b>  Manicotti Alfredo, Corn, Carrots, Tropical Fruit, LS Wheat Bread, Grape Juice
<b>3</b>  Baked Chicken Cutlet (138), Italian Herb Rigatoni (1), Green Beans (4), Fresh Fruit (1), LS Wheat Bread (40), Cranberry Juice (1)	<b>4</b>  Honey Ginger Glazed Pulled Beef (35), Ginger Fried Rice w/ Carrots (100), Catalina Blend Vegetables (41), SF Lemon Cookie (70), LS Wheat Bread (40), Apple Juice (10)	<b>5 Ethnic Meal - Indian</b>  Sweet Curry Chicken w/ Red Peppers (296), Jasmine Rice (85), Cauliflower (18), Jello (40) / SF Jello, LS Wheat Bread (40), Grape Juice (20)	<b>6</b>  Honey Glazed Pork Loin (52), White Rice (12), Broccoli (17), Tropical Fruit (5), LS Wheat Bread (40), Cranberry Juice (1)	<b>7</b>  Garlic Parmesan Cheese Ravioli (292), Italian Zucchini Carrot Blend (49), Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10)	<b>8 <u>FROZEN MEAL</u></b>  Meatballs in Orange Sauce, White Rice, Green Beans, Fresh Fruit, LS Wheat Bread, Grape Juice	<b>9 <u>FROZEN MEAL</u></b>  Western Style Omelet, Potato, Strawberry Apple Crisp Pears, LS Wheat Bread, Cranberry Juice
Sodium 185, Calories 784	Sodium 296, Calories 699	Sodium 499, Calories 578	Sodium 127, Calories 635	Sodium 391, Calories 651		
<b>10</b>  Chicken w/ Pumpkin Cream Sauce (252), Italian Herb White Rice (55), California Blend Vegetables (42), Tropical Fruit (0), LS Wheat Bread (40), Apple Juice (10)	<b>11</b>  Spaghetti and Homemade Meatballs w/ LS Cream Sauce (451), Broccoli (17), Mandarin Oranges (1), LS Wheat Bread (40), Cranberry Juice (1)	<b>12</b>  Boneless Pork Chop w/ Garlic Cream Sauce (175), Risotto (50), Meadow Blend Vegetables (20), SF Lemon Cookie (70), LS Wheat Bread (40), Grape Juice (20)	<b>13</b>  Homemade Turkey Salisbury Steak w/ Gravy (226), White Rice (12), Peas & Carrots (80), Fresh Fruit (1), LS Wheat Bread (40), Apple Juice (10)	<b>14</b>  Italian Herb White Fish (300), Pesto White Rice (21), Carrots (96), Pineapple (0), LS Wheat Bread (40), Cranberry Juice (1)	<b>15 <u>FROZEN MEAL</u></b>  Thai Ginger Curry Chicken, Green Beans, Carrots, Applesauce, LS Wheat Bread, Grape Juice	<b>16 <u>FROZEN MEAL</u></b>  Chicken in Sauce, Potatoes, Green Beans, Pears, LS Wheat Bread, Apple Juice
Sodium 399, Calories 548	Sodium 510, Calories 788	Sodium 375, Calories 585	Sodium 369, Calories 617	Sodium 459, Calories 670		
<b>17 St. Patrick's Day</b>  Irish Beef Stew (224), Garlic Parsley White Rice (127), Broccoli (17), Fresh Apple (2), LS Wheat Bread (40), Cranberry Juice (1)	<b>18</b>  Homemade Meatloaf w/ Sauce (264), Egg Noodles (17), Green Beans (4), Peaches (0), LS Wheat Bread (40), Grape Juice (20)	<b>19</b>  Chicken Marsala w/ Sauce (357), Ziti (1), Garden Mixed Vegetables (48), Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10)	<b>20</b>  LS BBQ Pulled Pork (365), Basmati Rice (4), Corn, Peppers, Onions (5), Fresh Fruit (1), LS Wheat Bread (40), Cranberry Juice (1)	<b>21</b>  Lemon Crumb White Fish (367), Italian Herb White Rice (55), Broccoli (17), Tropical Fruit (5), LS Wheat Bread (40), Grape Juice (20)	<b>22 <u>FROZEN MEAL</u></b>  Meatballs in Orange Sauce, White Rice, Green Beans, Mixed Fruit, LS Wheat Bread, Apple Juice	<b>23 <u>FROZEN MEAL</u></b>  Twisted Mac and Cheese, Carrots, Pears, LS Wheat Bread, Cranberry Juice
Sodium 411, Calories 735	Sodium 346, Calories 764	Sodium 455, Calories 680	Sodium 415, Calories 788	Sodium 504, Calories 517		
<b>24</b>  Shepard's Pie w/ Corn (194) Cauliflower Mash (22) Tropical Fruit (5), LS Wheat Bread (40), Grape Juice (20)	<b>25 TACO TUESDAY</b>  Pulled Chicken Taco (226), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Fresh Orange (0), One Flour Tortilla (160), Apple Juice (10)	<b>26</b>  Braised Pork & Vegetable Stew (444), Egg Noodles (17), Green Beans (4), Jello (40)/ SF Jello, LS Wheat Bread (40), Cranberry Juice (1)	<b>27</b>  Chicken w/ Apple Salsa (137), Egg Noodles (17), Broccoli (17), Mixed Berry Cobbler (22)/ SF Cookie, LS Wheat Bread (40), Grape Juice (20)	<b>28</b>  White Fish w/ Florentine Sauce (339), Italian Herb White Rice (55), Catalina Vegetables (41), Peaches (0), LS Wheat Bread (40), Apple Juice (10)	<b>29 <u>FROZEN MEAL</u></b>  Manicotti Alfredo, Corn, Carrots, Mixed Fruit, LS Wheat Bread, Cranberry Juice	<b>30 <u>FROZEN MEAL</u></b>  Thai Ginger Curry Chicken, Green Beans, Carrots, Applesauce, LS Wheat Bread, Grape Juice
Sodium 280, Calories 549	Sodium 521, Calories 616	Sodium 546, Calories 853	Sodium 254, Calories 736	Sodium 484, Calories 485		
<b>31</b> Homemade Meatballs w/ Swedish Sauce (342), Egg Noodles (17), Broccoli (17), Fresh Fruit (1), LS Wheat Bread (40), Apple Juice (20)		<b>Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging &amp; Independence &amp; Administration for Community Living.</b>				
Sodium 442, Calories 781						