






# November 2025 – Regular 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> Herb Roasted Potatoes (30) 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>Bruschetta Chicken (344)</b> Garlic Linguini (2) Brussels Sprouts (19) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)	<b>7</b>  <b>Irish Beef Stew (188)</b> Mashed Potatoes (76) Green Beans (4) Fresh Clementine (1) White Bread (125), Milk (103)
Sodium 763, Calories 619	Sodium 694, Calories 585	Sodium 826, Calories 691	Sodium 725, Calories 692	Sodium 496, Calories 649
<b>10</b>  <b>Chicken Parmesan (629*)</b> Rigatoni w/ Red Sauce (81) 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/ Vodka Sauce (536*)</b> California Blend Vegetables (42) Choc Pudding (110) / SF Pudding WG Bread (125), Milk (103)
Sodium 993, Calories 709	NO MEAL SERVICE	Sodium 819, Calories 666	Sodium 1380 HIGH, Calories 880	Sodium 916, Calories 659
<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/ Marinara Sauce (595*)</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)
Sodium 1157, Calories 598	Sodium 534, Calories 592	Sodium 921, Calories 532	Sodium 1383 HIGH, Calories 879	Sodium 747, Calories 865
<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>Chicken Marsala (357)</b> Olive Oil Penne (11) 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>  
Sodium 777, Calories 823	Sodium 679, Calories 899	Sodium 747, Calories 807	NO MEAL SERVICE	NO MEAL SERVICE