



# RENAL 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		SATURDAY		SUNDAY	
Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.				MENU KEY: Renal lunch meals aim to be 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				1 Garlic Parmesan Cheese Ravioli (292) Italian Zucchini & Carrots (49) Mixed Fruit (0) LS Wheat Bread (40) Apple Juice (10)		2 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit, LS Wheat Bread, Cran Juice		3 <u>FROZEN MEAL</u> Egg Patty w/ Potato, Pears, LS Wheat Bread, Apple Juice	
								Sodium 391, Calories 651					
4 Chicken w/ Lemon Cream (190) Garlic Linguini (2) Tarragon Carrots (79) Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)		5 TACO TUESDAY Pulled Chicken Taco w/ Cheese (237) Yellow Rice (34) Fire Roasted Corn (2) Mandarin Oranges (6) One Flour Tortilla, Cran Juice (1)		6 Chicken w/ Mushroom Lemon Sauce (230) Egg Noodles (17) Catalina Blend Vegetable (41) Clementine (1) LS Wheat Bread (40), Apple Juice (10)		7 Pulled Pork (40) Yellow Rice & Black Beans (40) Broccoli, Peppers, Onions (9) Choc Chip Cookie (132) / SF Cookie LS Wheat Bread (40), Cran Juice (1)		8 Lemon Crumb White Fish (367) Penne (6) Cauliflower w/ Red Peppers (49) Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)		9 <u>FROZEN MEAL</u> Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread, Apple Juice		10 <u>FROZEN MEAL</u> Hamburger w/ Potato, Pears, LS Wheat Bread, Cran Juice	
Sodium 321, Calories 475		Sodium 280, Calories 501		Sodium 338, Calories 589		Sodium 363, Calories 706		Sodium 471, Calories 565					
11 Southwestern Chicken (137) Tex-Mex Rice (29) Catalina Blend Vegetables (41) Tropical Fruit (5) LS Wheat Bread (40), Cran Juice (1)		12 Shepherd's Pie w/ Corn (259) Egg Noodles (17) Mixed Fruit (0) LS Wheat Bread (40) Apple Juice (10)		13 ETHNIC MEAL - POLISH Lazy Man's Beef Galumpki (189) Roasted Cauliflower (21) Jello (40) / SF Jello LS Wheat Bread (40) Cran Juice (1)		14 Chimichurri Chicken (192) Cilantro Lime Rice (30) California Blend Vegetables (42) Applesauce (10) LS Wheat Bread (40), Apple Juice (10)		15 Cheese Ravioli (278) w/ LS Alfredo Sauce (89) Broccoli (15) Tropical Fruit (5) LS Wheat Bread (40), Cran Juice (1)		16 <u>FROZEN MEAL</u> Omelet, Sausage, Potato, Mixed Fruit LS Wheat Bread, Cran Juice		17 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Veggie, SF Cookie, LS Wheat Bread, Apple Juice	
Sodium 252, Calories 537		Sodium 317, Calories 826		Sodium 291, Calories 666		Sodium 324, Calories 556		Sodium 437, Calories 628					
18 Turkey Chili (375) Paprika Rice (21) Broccoli (15) Applesauce (10) LS Wheat Bread (40), Apple Juice (10)		19 Beef Brisket w/ Cream Sauce (77) Egg Noodles (17) Peas & Carrots (80) Clementine (1) LS Wheat Bread (40), Cran Juice (1)		20 Chicken w/ Lemon Cream (190) Harvest Wild Rice (21) Monte Carlo Vegetables (20) Brownie Cookie (115) / SF Cookie LS Wheat Bread (40), Apple Juice (10)		21 LS BBQ Pulled Pork (365) Garlic Linguini (2) Broccoli (15) Peaches (0) LS Wheat Bread (40), Cran Juice (1)		22 White Fish Stew (259) Egg Noodles (17) Green Beans (4) Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)		23 <u>FROZEN MEAL</u> Hamburger w/ Potato, Peaches, LS Wheat Bread, Apple Juice		24 <u>FROZEN MEAL</u> Batter Dipped Fish Nuggets, Veggies, Mixed Fruit, LS Wheat Bread, Apple Juice	
Sodium 472, Calories 624		Sodium 216, Calories 730		Sodium 395, Calories 604		Sodium 423, Calories 700		Sodium 437, Calories 628					
25 Chicken Jambalaya (342) Red Beans & Rice (113) 5 Way Vegetable (27) Mandarin Oranges (6) LS Wheat Bread (40), Cran Juice (1)		26 Hamburger w/ LS Cheese (221) Buttered Macaroni (14) Broccoli (15), Tropical Fruit (5) LS Wheat Bread (40), Apple Juice (10) w/ Ketchup (85)		27 Chicken w/ Spinach Artichoke Sauce (189) Mediterranean Rice (43) Green Beans (4) Choc Chip Cookie (132) / SF Cookie LS Wheat Bread (40), Cran Juice (1)		28 Chicken w/ Basil Cream (194) Buttered Penne (6) Cauliflower (18) Tropical Fruit (5) LS Wheat Bread (40), Apple Juice (10)		29 Panko White Fish w/ Tomato Cream (287) White Rice Pilaf (62) 3 Way Vegetables (40) SF Lemon Cookie (70) LS Wheat Bread (40), Cran Juice (1)		30 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit, LS Wheat Bread, Cran Juice		31 <u>FROZEN MEAL</u> Egg Patty w/ Potato, Pears, LS Wheat Bread, Apple Juice	
Sodium 529, Calories 617		Sodium 389, Calories 767		Sodium 409, Calories 646		Sodium 273, Calories 582		Sodium 500, Calories 539					