



RENAL LUNCH

JULY 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.	1 ETHNIC MEAL - CHINESE Pulled Pork (40), Ginger Fried Rice (69), Broccoli (15), Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1)	2 Chicken (135) w/ Spinach Artichoke Sauce (54), Mediterranean Rice (43), Green Beans (4), Choc Chip Cookie (132) / SF Cookie, LS Wheat Bread (40), Apple Juice (10)	3 Shepherd's Pie w/ Corn (259) Egg Noodles (17) Mixed Fruit (0) LS Wheat Bread (40) Cran Juice (1)	4 NO MEAL SERVICE 	5 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit, LS Wheat Bread, Cran Juice	6 FROZEN MEAL Egg Patty w/ Potato, Pears, LS Wheat Bread, Apple Juice
	Sodium 170, Calories 599	Sodium 418, Calories 626	Sodium 317, Calories 826	HOLIDAY – 4 th of JULY		
7 Hawaiian Chicken (149), Sesame Jasmine Rice (89), Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Cran Juice (1)	8 TACO TUESDAY Pulled Chicken Taco (147), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Tropical Fruit (5), one Flour Tortilla (160) Apple Juice (10)	9 Latino Pulled Pork (122) White Rice (12) Corn, Peppers, Onions (5), Mixed Fruit (0), LS Wheat Bread (40), Cran Juice (1)	10 Garlic Paprika Pulled Chicken (212), Buttered Linguini (34), Monte Carlo Vegetables (20), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Apple Juice (10)	11 White Fish w/ Spinach Artichoke Sauce (334), Garlic Orecchiette Pasta (1), Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40) Cran Juice (1)	12 FROZEN MEAL Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread, Apple Juice	13 FROZEN MEAL Hamburger w/ Potato, Pears, LS Wheat Bread, Cran Juice
Sodium 294, Calories 574	Sodium 488, Calories 704	Sodium 180, Calories 727	Sodium 421, Calories 668	Sodium 391, Calories 564		
14 Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (20), Fresh Apple (2), LS Wheat Bread (40) Apple Juice (10)	15 Chicken w/ Stir Fry Sauce (154), Paprika White Rice (21), Broccoli, Peppers, Onions (9), Mixed Berry Cobbler (22), LS Wheat Bread (40) Cran Juice (1)	16 Homemade Beef Meatballs w/ LS Alfredo Sauce (168), Buttered Egg Noodles (17), Wax Beans (4), Tropical Fruit (5), LS Wheat Bread (40) Apple Juice (10)	17 Margherita Chicken (257) w/ Basil Cream (59), Buttered Penne (6), Cauliflower (18), Peaches (0) LS Wheat Bread (40) Cran Juice (1)	18 Lemon Crumb White Fish (367), Yellow Rice (34), Broccoli (15), Mixed Fruit (0) LS Wheat Bread (40) Apple Juice (10)	19 FROZEN MEAL Omelet, Sausage, Potato, Mixed Fruit LS Wheat Bread, Cran Juice	20 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Veggie, SF Cookie, LS Wheat Bread, Apple Juice
Sodium 166, Calories 672	Sodium 247, Calories 586	Sodium 244, Calories 787	Sodium 381, Calories 651	Sodium 466, Calories 496		
21 Southwest Chicken Salad w/ Lettuce & Cheese (268), Avocado Ranch (186), Roasted Corn Salsa (2), Tomatoes & Cucumbers (3), Mandarin Oranges (6), LS Wheat Bread (40), Cran Juice (1)	22 BBQ Chicken (434), Buttered Penne (6), Buttered Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10)	23 Cheeseburger (221), Egg Noodles (28), Spring Peas & Carrots (80), Applesauce (10), LS Wheat Bread (40), Cran Juice (1)	24 Chicken Scallopini (171), White Rice Pilaf (62), Roasted Cauliflower (21), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40) Apple Juice (10)	25 Almond White Fish (318) w/ LS Lemon Cream (55), White Rice (12), Monte Carlo Vegetables (20), Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1)	26 FROZEN MEAL Hamburger w/ Potato, Peaches, LS Wheat Bread, Apple Juice	27 FROZEN MEAL Batter Dipped Fish Nuggets, Veggies, Mixed Fruit, LS Wheat Bread, Apple Juice
Sodium 506, Calories 558	Sodium 504, Calories 610	Sodium 368, Calories 913	Sodium 410, Calories 537	Sodium 450, Calories 720		
28 Harvest Stuffed Chicken (327) w/ LS Lemon Cream Sauce (55), Lemon Couscous (11), Broccoli (15), Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1)	29 Homemade Beef Meatball w/ LS Alfredo Sauce (156), Penne (6), Cauliflower (18), Jello (40) / SF Jello LS Wheat Bread (40) Apple Juice (10)	30 Beef Brisket (200) White Rice Pilaf (62), Broccoli (15) Mixed Fruit (0) LS Wheat Bread (40) Cran Juice (1)	31 Turkey Loaf (158) w/ Gravy (172), Buttered Macaroni (14) Green Beans (4), Clementine (1) LS Wheat Bread (40) Apple Juice (10)	MENU KEY: Renal lunch meals are 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		
Sodium 453, Calories 674	Sodium 281, Calories 757	Sodium 317, Calories 575	Sodium 398, Calories 702			