





RENAL LUNCH

JUNE 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.

Access Care Partners
formerly WestMass ElderCare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 (See end of menu for SUNDAY JUNE 1 st) Harvest Stuffed Chicken (327) w/ LS Cream Sauce (89), Lemon Couscous (11), Broccoli (15), Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1) Sodium 488, Calories 708	3 LS Homemade Meatball w/ Tuscan Sauce (156), Spaghetti (9), Cauliflower (18), Jello (40) / SF Jello LS Wheat Bread (40) Apple Juice (10) Sodium 273, Calories 810	4 Beef Brisket (200) White Rice Pilaf (62), Broccoli (15) Mixed Fruit (0) LS Wheat Bread (40) Cran Juice (1) Sodium 317, Calories 575	5 Turkey w/ Gravy (506), Buttered Macaroni (14), Green Beans (4) Clementine (1) LS Wheat Bread (40) Apple Juice (10) Sodium 574, Calories 556	6 White Fish w/ Spinach Artichoke Sauce (334), White Rice Pilaf (62), Catalina Blend Vegetables (41), Mixed Fruit (0), LS Wheat Bread (40), Cran Juice (1) Sodium 477, Calories 533	7 FROZEN MEAL Twisted Mac & Cheese, Veggies, Applesauce, LS Wheat Bread, Apple Juice	8 FROZEN MEAL Manicotti Alfredo, Veggies, Pears LS Wheat Bread, Cran Juice
9 Chicken w/ LS Lemon Cream Sauce (190), Garlic Linguini (5), Cauliflower w/ Red Peppers (49) Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10) Sodium 293, Calories 578	10 TACO TUESDAY Pulled Chicken Taco (147) Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Mandarin Oranges (6), one Flour Tortilla (160) Cran Juice (1) Sodium 440, Calories 576	11 Chicken w/ Mushroom Lemon Cream Sauce (230), Egg Noodles (17), Catalina Blend Vegetables (41), Tropical Fruit (5), LS Wheat Bread (40), Apple Juice (10) Sodium 343, Calories 622	12 Pulled Pork (40), Yellow Rice & Beans (40), Broccoli, Peppers, Onions (9), Choc Chip Cookie (132) / SF Cookie , LS Wheat Bread (40), Cran Juice (1) Sodium 261, Calories 693	13 Lemon Crumb White Fish (367), Buttered Penne (6), Roasted Cauliflower & Red Peppers (49), Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10) Sodium 471, Calories 565	14 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit, LS Wheat Bread, Cran Juice	15 FROZEN MEAL Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread, Apple Juice
16 LS Southwest Chicken (137), Tex Mex Rice (29), Catalina Blend Vegetables (41), Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1) Sodium 252, Calories 537	17 Shepherd's Pie w/ Corn (259) Buttered Egg Noodles (28) Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10) Sodium 337, Calories 807	18 ETHNIC MEAL - POLISH Lazy Man's Galumpki (189), Roasted Cauliflower (21), Jello (40) / SF Jello, LS Wheat Bread (40), Cran Juice (1) Sodium 291, Calories 666	19 JUNETEENTH HOLIDAY  HOLIDAY - CLOSED	20 White Fish Puttanesca (425), Buttered Egg Noodles (28) Green Beans (4) Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1) Sodium 503, Calories 661	21 FROZEN MEAL Western Style Omelet, Potato, Apple Crisp, Pears, LS Wheat Bread, Apple Juice	22 FROZEN MEAL Manicotti Alfredo w/ Veggies, Pineapple LS Wheat Bread, Cran Juice
23 Turkey Chili (375), Paprika Rice (21), Cumin Roasted Broccoli (17) Applesauce (10), LS Wheat Bread (40), Apple Juice (10) Sodium 470, Calories 628	24 Beef Brisket w/ LS Cream Sauce (77), Egg Noodles (17), Peas & Carrots (80), Tropical Fruit (5) LS Wheat Bread (40), Cran Juice (1) Sodium 220, Calories 763	25 Chicken w/ LS Lemon Cream Sauce (190), Harvest Wild Rice (21), Monte Carlo Vegetables (41), Brownie Cookie (115) / SF Cookie, LS Wheat Bread (40), Apple Juice (10) Sodium 395, Calories 604	26 LS BBQ Pulled Pork (365), Garlic Linguini (5), Broccoli (15) Peaches (0), LS Wheat Bread (40), Cran Juice (1) Sodium 426, Calories 821	27 White Fish Stew (259) Egg Noodles (17), Green Beans (4), Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10) Sodium 330, Calories 602	28 FROZEN MEAL Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread, Apple Juice	29 FROZEN MEAL Twisted Mac & Cheese, Veggies, Mixed Fruit, LS Wheat Bread, Apple Juice
30 Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (27) Mandarin Oranges (6), LS Wheat Bread (40), Cran Juice (1) Sodium 529, Calories 617	*SUNDAY JUNE 1st WEEKEND FROZEN MEAL Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread, Apple Juice	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			Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>