





RENAL LUNCH

MAY 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
 <p>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</p>	Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	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	1 Pulled Pork (67), Garlic Linguini (5), Buttered Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10)	2 White Fish Stew (259), Egg Noodles (17), Green Beans (4), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Cran Juice (1)	3 <u>FROZEN MEAL</u> Twisted Mac & Cheese, Veggies, Applesauce, LS Wheat Bread, Apple Juice	4 <u>FROZEN MEAL</u> Manicotti Alfredo, Veggies, Pears, LS Wheat Bread, Cran Juice
			Sodium 146, Calories 785	Sodium 426, Calories 652		
5 Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), LS Wheat Bread (40), Apple Juice (10)	6 Ethnic Meal - Chinese Pork Bowl (40), w/ Ginger Fried Rice (69), Steamed Broccoli (15), Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1)	7 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)	8 Shepherd's Pie w/ Corn (259) Egg Noodles (17) Mixed Fruit (0) LS Wheat Bread (40) Cran Juice (1)	9 Panko White Fish (218) w/ Tomato Dijon Sauce (69), White Rice Pilaf (62), 3 Way Vegetables (40), SF Lemon Cookie (70), LS Wheat Bread (40), Apple Juice (10)	10 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit LS Wheat Bread, Cran Juice	11 <u>FROZEN MEAL</u> Western Style Omelet, Potato, Apple Crisp, Pears, LS Wheat Bread, Apple Juice
Sodium 529, Calories 617	Sodium 179, Calories 579	Sodium 428, Calories 656	Sodium 317, Calories 826	Sodium 509, Calories 519		
12 Hawaiian Chicken (149), Sesame Jasmine Rice (89), Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Cran Juice (1)	13 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)	14 Latino Pulled Pork (122), White Rice (12), Corn, Peppers, Onions (5), Mixed Fruit (0), LS Wheat Bread (40), Cran Juice (1)	15 Garlic Paprika Pulled Chicken (212), Buttered Linguini (34), Monte Carlo Vegetables (41), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Apple Juice (10)	16 White Fish w/ Spinach Artichoke Sauce (334), Garlic Orecchiette Pasta (1), Brussels Sprouts (19), Mixed Fruit (0), LS Wheat Bread (40), Cran Juice (1)	17 <u>FROZEN MEAL</u> Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread, Apple Juice	18 <u>FROZEN MEAL</u> Manicotti Alfredo w/ Veggies, Pineapple LS Wheat Bread, Cran Juice
Sodium 303, Calories 554	Sodium 439, Calories 594	Sodium 199, Calories 737	Sodium 442, Calories 678	Sodium 355, Calories 473		
19 Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (41), Fresh Apple (2), LS Wheat Bread (40) Apple Juice (10)	20 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)	21 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)	22 Margherita Chicken (257) w/ Basil Cream (59), Buttered Penne (6), Cauliflower (18), Peaches (40) LS Wheat Bread (40) Cran Juice (1)	23 Lemon Crumb White Fish (367), Yellow Rice (34), Buttered Broccoli (15), Mixed Fruit (0) LS Wheat Bread (40) Apple Juice (10)	24 <u>FROZEN MEAL</u> Western Style Omelet, Potato, Apple Crisp, Pears, LS Wheat Bread, Cran Juice	25 <u>FROZEN MEAL</u> Twisted Mac & Cheese, Veggies, Mixed Fruit, LS Wheat Bread, Apple Juice
Sodium 198, Calories 712	Sodium 256, Calories 566	Sodium 227, Calories 819	Sodium 400, Calories 661	Sodium 466, Calories 496		
26 Holiday – NO MEAL SERVICE 	27 BBQ Chicken (431), Buttered Penne (6), Buttered Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Apple Juice (10)	28 Cheeseburger (221), Egg Noodles (28), Spring Peas & Carrots (80), Applesauce (10), LS Wheat Bread (40), Cran Juice (1)	29 Chicken Scallopini (171), White Rice Pilaf (62), Roasted Cauliflower (21), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Apple Juice (10)	30 Almond White Fish (318) w/ LS Lemon Cream (55), White Rice (12), Monte Carlo Vegetables (41), Tropical Fruit (5), LS Wheat Bread (40), Cran Juice (1)	31 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Veggie, Peaches, LS Wheat Bread, Cran Juice	
Memorial Day - CLOSED	Sodium 504, Calories 610	Sodium 398, Calories 924	Sodium 397, Calories 561	Sodium 480, Calories 710		