






# November 2025 – Renal Lunch

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	
<b>MENU KEY:</b> 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						Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.				<u>1 FROZEN MEAL</u>  Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread (40) Apple Juice (10)		<u>2 FROZEN MEAL</u>  Hamburger w/ Potato, Pears, LS Wheat Bread (40), Cran Juice (1)	
3  Turkey & Bean Chili (375) Buttered Egg Noodles (28) Broccoli (15) Peaches (0) LS Wheat Bread (40), Apple Juice (10)		4  Sweet Curry Chicken (296) Sesame Jasmine Rice (89) Peas & Carrots (80) Mixed Fruit (0) LS Wheat Bread (40), Cran Juice (1)		5  Cheese Ravioli w/ Garden Tomato Sauce (361) Monter Carlo Vegetables (20) Tropical Fruit (5) LS Wheat Bread (40), Apple Juice (10)		6  Balsamic Glazed Chicken (181) Garlic Linguini (2) Brussels Sprouts (19) Choc Chip Cookie (132) / SF Cookie LS Wheat Bread (40), Cran Juice (1)		7  Irish Beef Stew (188) White Rice (12) Green Beans (4) Fresh Clementine (1) LS Wheat Bread (40), Apple Juice (10)		8 <u>FROZEN MEAL</u>  Omelet, Sausage, Potato, Mixed Fruit, LS Wheat Bread (40), Cran Juice (1)		9 <u>FROZEN MEAL</u>  Meatballs in Orange Sauce, White Rice, Veggie, SF Cookie, LS Wheat Bread (40), Apple Juice (10)	
Sodium 468, Calories 723		Sodium 507, Calories 642		Sodium 436, Calories 668		Sodium 375, Calories 700		Sodium 254, Calories 677					
10  Baked Chicken Cutlet (138) Italian Herb Rigatoni (1) Italian Zucchini & Carrots (49) Mandarin Oranges (6) LS Wheat Bread (40), Cran Juice (1)		11 Veteran's Day - Closed  		12  Homemade Meatballs (79) w/ LS Garlic Sauce (101), Spaghetti (9) Broccoli (15) Peaches (0) LS Wheat Bread (40), Cran Juice (1)		13  Egg Omelet w/ Swiss Cheese (330) Rice Pilaf (62) Broccoli (15) Fresh Apple (2) LS Wheat Bread (40), Apple Juice (10)		14  Garlic Parmesan Ravioli (292) w/ LS Lemon Cream Sauce (55) California Blend Vegetables (42) Mixed Fruit (0) LS Wheat Bread (40), Cran Juice (1)		15 <u>FROZEN MEAL</u>  Hamburger w/ Potato, Peaches, LS Wheat Bread (40) Apple Juice (10)		16 <u>FROZEN MEAL</u>  Meatballs & Pasta, Mixed Fruit, LS Wheat Bread (40) Cran Juice (1)	
Sodium 235, Calories 738		NO MEAL SERVICE		Sodium 246, Calories 784		Sodium 458, Calories 689		Sodium 430, Calories 696					
17  Chicken w/ Honey Ginger Glaze (138) White Rice Pilaf (62) Garden Mix Vegetables (48) Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)		18  Meatloaf w/ Sauce (264) Risotto (50) Green Beans (4) Tropical Fruit (5) LS Wheat Bread (40), Cran Juice (1)		19  Garlic Parmesan Ravioli (292) w/ LS Basil Cream Sauce (59) Broccoli & Carrots (53) Peaches (0) LS Wheat Bread (40), Apple Juice (10)		20 Special – Holiday Meal  Turkey Loaf w/ Gravy (330) Buttered Egg Noodles (28) Whipped Butternut Squash (28) Mixed Berry Cobbler (22) / SF Cookie LS Wheat Bread (40), Cran Juice (1)		21  Sloppy Joe (152) Lemon Zested Couscous (11) Broccoli (15) Pears (0) LS Wheat Bread (40), Apple Juice (10)		22 <u>FROZEN MEAL</u>  Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit LS Wheat Bread (40), Cran Juice (1)		23 <u>FROZEN MEAL</u>  Egg Patty w/ Potato, Pears, LS Wheat Bread (40), Apple Juice (10)	
Sodium 298, Calories 635		Sodium 365, Calories 602		Sodium 454, Calories 675		Sodium 449, Calories 952		Sodium 227, Calories 695					
24  LS BBQ Pulled Pork (365) Garlic Linguini (2) Green Beans (4) Mixed Fruit (0) LS Wheat Bread (40), Cran Juice (1)		25 Special – Taco Tuesday  Chicken Taco w/ Cheese (237) Yellow Rice (34) Fire Roasted Corn (2) Pineapples (0) One Flour Tortilla (160), Apple Juice (10)		26  Chicken Marsala (357) Olive Oil Penne (11) Brussels Sprouts (19) Tropical Fruit (5) LS Wheat Bread (40), Cran Juice (1)		27 Happy Thanksgiving - Closed  		28  <i>No Meal Service</i>  		29 <u>FROZEN MEAL</u>  Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread (40) Apple Juice (10)		30 <u>FROZEN MEAL</u>  Hamburger w/ Potato, Pears, LS Wheat Bread (40), Cran Juice (1)	
Sodium 413, Calories 718		Sodium 443, Calories 579		Sodium 433, Calories 755		NO MEAL SERVICE		NO MEAL SERVICE					