



SUPPER MENU

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
 Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.	Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.		1 Teriyaki Turkey Salad (600*), Sweet Potato Salad (120), Tomato Cucumber Salad (22), Mixed Fruit (0), WG Bread (125), Milk (103)	2 Apricot Chicken Salad (246), Tomato Provolone Pasta Salad (287), Spring Bean Salad (236), Banana (1), White Bread (125), Milk (103)	3 Asparagus Stuffed Chicken (406), White Rice Pilaf (62), Braised Spinach (98), SF Oatmeal Cookie (80), WG Bread (125), Milk (103)	4 Spinach Feta Chicken Salad (164), Egg Noodles (28), White Bean Salad (306), Tropical Fruit (5), White Bread (125), Milk (103)
			Sodium 970, Calories 672	Sodium 998, Calories 853	Sodium 874, Calories 579	Sodium 731, Calories 746
5 Crustless Chicken Pot Pie w/ Vegetables (339), Mashed Potatoes (76), Clementine (1), White Bread (125), Milk (103)	6 Citrus Chicken Salad (104), Artichoke Couscous Salad (252), Cucumber Dill Salad (82), SF Lemon Cookie (70), WG Bread (125), Milk (103)	7 <u>HIGH SODIUM DAY</u> Seafood Salad (802*), Wild Rice Walnut Salad (30), Broccoli & Kale Slaw (190), Banana (1), White Bread (125), Milk (103)	8 BBQ Chicken (431), Paprika Steamed Potatoes (30), Corn on the cob (6), Tropical Fruit (5), WG Bread (125), Milk (103)	9 Fiesta Chicken Salad (237), Spring Bean Salad (236), Tomato Cucumber Salad (22), Fresh Orange (0), White Bread (125), Milk (103)	10 Chicken White Bean Chili (322), Herb Roasted Potatoes (30), Brussels Sprouts w/ Red Peppers (35), Applesauce (10), WG Bread (125), Milk (103)	11 Chicken Pasta Salad (288), Roasted Vegetable Salad (53), Tropical Fruit (0), White Bread (125), Milk (103)
Sodium 643, Calories 468	Sodium 736, Calories 759	Sodium 1250, Calories 894	Sodium 700, Calories 592	Sodium 723, Calories 570	Sodium 625, Calories 597	Sodium 649, Calories 703
12 BBQ Pulled Pork (365), Mashed Potatoes (76), Carrots (96), Mixed Fruit (0), WG Bread (125), Milk (103)	13 Spinach Salad w/ Chicken & Italian Dressing (502*), Quinoa (8), Fresh Mushrooms & Red Onions (5), Banana (1), White Bread (125), Milk (103)	14 Salmon Salad (208), Citrus Orzo Pasta Salad (48), Broccoli Slaw (86), SF Pudding (115), WG Bread (125), Milk (103)	15 Egg Salad (320), Pesto Bowtie Pasta Salad (184), Summer Squash & Zucchini Salad (168), Fresh Orange (0), White Bread (125), Milk (103)	16 <u>HIGH SODIUM DAY</u> Ham & Pickle Salad (1011*), Quinoa (8), Roasted Corn Salsa (2), Tropical Fruit (5), WG Bread (125), Milk (103)	17 Honey Mustard Chicken (170), White Rice & Black Beans (113), Stewed Kale (65), SF Chocolate Chip Cookie (75), White Bread (125), Milk (103)	18 Spinach Feta Chicken Salad (164), Pea & Corn Orzo Pasta Salad (139), Roasted Brussels Sprout Salad (112), Peaches (0), WG Bread (125), Milk (103)
Sodium 766, Calories 693	Sodium 744, Calories 603	Sodium 685, Calories 624	Sodium 900, Calories 958	Sodium <u>1254</u> , Calories 561	Sodium 651, Calories 509	Sodium 642, Calories 732
19 Meatloaf (144) w/ Sauce (120), Mashed Potatoes (76), Green Beans (4), Mixed Fruit (0), WG Bread (125), Milk (103)	20 Caprese Chicken Salad (192), Quinoa Vegetable Salad (159), Roasted Brussels Sprout Salad (112), SF Pudding (115), White Bread (125), Milk (103)	21 Spinach Feta Chicken Salad (164), Citrus Orzo Pasta Salad (48), Roasted Asparagus Salad (53), Applesauce (10), WG Bread (125), Milk (103)	22 Apricot Walnut Chicken Salad (135), Potato Salad (132), Coleslaw (80), SF Oatmeal Cookie (80), White Bread (125), Milk (103)	23 Cheeseburger (221), Herb Roasted Potatoes (30), Green Beans (4), Tropical Fruit (5), Hamburger Bun (240), Milk (103), Ketchup Packet (85)	24 Lettuce & Chicken Taco Salad (218) w/ Ranch Dressing (237), Summer Pasta Salad (133), Fresh Cucumbers & Tomatoes (3), Orange (0), White Bread (125), Milk (103)	25 Latino Chicken Salad (171), Orzo Pasta Salad (137), Craisin Root Vegetable Salad (52), Mixed Fruit (0), WG Bread (125), Milk (103)
Sodium 573, Calories 576	Sodium 805, Calories 678	Sodium 503, Calories 630	Sodium 655, Calories 891	Sodium 688, Calories 745	Sodium 820, Calories 697	Sodium 587, Calories 774
26 Holiday – NO MEAL SERVICE 	27 Citrus Chicken Salad (104), Artichoke Couscous Salad (252), Cucumber Dill Salad (82), Fresh Orange (0), WG Bread (125), Milk (103)	28 Turkey Apricot Salad (464), Potato Salad (132), Coleslaw (80), Tropical Fruit (5), White Bread (125), Milk (103)	29 Tuna Pasta Salad (451), Marinated Vegetable Salad (138), SF Pudding (115), WG Bread (125), Milk (103)	30 Meatloaf (144) w/ Sauce (120), Mashed Potatoes (76), Green Beans (4), Mixed Fruit (0), White Bread (125), Milk (103)	31 Chimichurri Chicken Salad (268), Spinach & Feta Couscous (256), Broccoli Slaw (86), Mandarin Oranges (6), WG Bread (125), Milk (103)	
Memorial Day - CLOSED	Sodium 666, Calories 760	Sodium 909, Calories 788	Sodium 933, Calories 546	Sodium 573, Calories 576	Sodium 844, Calories 752	