



SUPPER MENU

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 (*See end of menu for Sunday June 1 st) Salmon Seafood Salad (208), Citrus Orzo Pasta Salad (48), Spring Peas & Corn (42), Fresh Orange (0) White Bread (125), Milk (103) Sodium 526, Calories 601	3 Cheeseburger (221), Herb Roasted Potatoes (30), Broccoli (15), SF Pudding (115), Hamburger Bun (240), Milk (103), ketchup pkt (85) Sodium 808, Calories 736	4 Honey Mustard Chicken (170), White Rice & Black Beans (113), Stewed Kale (65), Banana (1), White Bread (125), Milk (103) Sodium 577, Calories 544	5 Chicken Lettuce Taco Salad (282) w/ Ranch (237), Summer Pasta Salad (133), Cucumbers & Tomatoes for salad (3), Pineapple (0), WG Bread (125), Milk (103) Sodium 808, Calories 679	6 Pineapple Teriyaki Pulled Pork (731*), Adobo Potatoes (33), Cumin Roasted Broccoli & Cauliflower (13), Apple (2), White Bread (125), Milk (103) Sodium 1007, Calories 555	7 Cilantro Lime Pulled Chicken (130), Jasmine Rice (85), Roasted Corn Salsa (2), Mixed Fruit (0), White Bread (125), Milk (103) Sodium, 445, Calories 657	8 Apricot Walnut Chicken Salad (135), Potato Salad (132), Coleslaw (80), SF Chocolate Pudding (115), WG Bread (125), Milk (103) Sodium 690, Calories 891
9 Hot Dog (550*), ½ Baked Sweet Potato (29), Roasted Brussels Sprouts (19), SF Lemon Cookie (70), Hot Dog Bun (270), Milk (103) Sodium 1041, Calories 792	10 Spinach Chicken Feta Salad (164), Pea & Corn Orzo Pasta Salad (139), Roasted Brussels Sprouts Salad (112), Banana (1), White bread (125), Milk (103) Sodium 644, Calories 777	11 Egg Salad (320), Potato Salad (132), Monte Carlo Vegetable Salad (60) Mixed Fruit (0) WG Bread (125), Milk (103) Sodium 739, Calories 850	12 Cold Peanut Noodles (140) w/ Pulled Chicken (135) Mediterranean Kale Salad (128) Apple (2) White Bread (125), Milk (103) Sodium 633, Calories 683	13 Tuna Pasta Salad (451), Cucumber Dill Salad (82) Mixed Fruit (0) WG Bread (125) Milk (103) Sodium 761, Calories 542	14 Apple Walnut Chicken Salad (135), Pesto Bow Tie Pasta Salad (184), Carrot Raisin Salad (119), Fresh Orange (0) White Bread (125), Milk (103) Sodium 666, Calories 1014	15 BBQ Turkey Salad (560*), Harvest Pasta Salad (139), Pickled Cucumber & Onion Salad (12), SF Pudding (115), WG Bread (125), Milk (103) Sodium 1053, Calories 778
16 Shrimp & Brussels Sprouts Salad (191), Vidalia Onion Orzo Pasta Salad (95), Mediterranean Kale Salad (128), Apple (2), White Bread (125), Milk (103) Sodium 644, Calories 704	17 Citrus Chicken Salad (104), Veggie Quinoa Salad (159), Pea & Carrot Salad (82), Tropical Fruit (5), WG Bread (125), Milk (103) Sodium 577, Calories 646	18 Spaghetti & Meatballs w/ Red Sauce (576*), Broccoli (15) Banana (1) White Bread (125), Milk (103) Sodium 820, Calories 711	19 <u>JUNETEENTH HOLIDAY</u>  HOLIDAY - CLOSED	20 Chicken Lettuce Taco Salad (282) w/ Ranch (237), Summer Pasta Salad (133), Cucumbers & Tomatoes for salad (3), Pineapple (0), White Bread (125), Milk (103) Sodium 808, Calories 679	21 Turkey Bolognese w/ Penne (73), Roasted Brussels Sprouts (19), SF Chocolate Chip Cookie (75), WG Bread (125), Milk (103) Sodium 395, Calories 693	22 BBQ Chicken Salad (334), Summer Pasta Salad (133), Greek Cucumber Salad (108), SF Pudding (115), White Bread (125), Milk (103) Sodium 918, Calories 618
23 BBQ Salmon & Onion Salad (89), Potato Salad (132), Coleslaw (80), SF Lemon Cookie (70) White Bread (125), Milk (103) Sodium 599, Calories 654	24 Cheeseburger (221) w/ 1 oz. BBQ sauce (148)*, Herb Roasted Potatoes (30), Broccoli (15), Orange (0), Hamburger Bun (240), Milk (103) Sodium 757, Calories 753ears	25 Chicken Parmesan (629*), Rigatoni w/ Red Sauce (81), 5 Way Vegetables (27), Pears (0) White Bread (125), Milk (103) Sodium 965, Calories 782	26 Teriyaki Turkey Salad (600*), Sweet Potato Salad (120), Tomato Cucumber Salad (22), Mixed Fruit (0), WG Bread (125), Milk (103) Sodium 970, Calories 672	27 Apricot Chicken Salad (246), Orzo Pasta Salad w/ Tomato Provolone (286), Spring Bean Salad (236), Banana (1), White Bread (125), Milk (103) Sodium 998, Calories 852	28 Asparagus Brie Stuffed Chicken (406), Rice Pilaf (62), Braised Spinach (98), SF Oatmeal Cookie (80), WG Bread (125), Milk (103) Sodium 874, Calories 579	29 Spinach Feta Chicken Salad (164), Potato Salad (132), White Bean Salad (306), Tropical Fruit (5), White Bread (125), Milk (103) Sodium 835, Calories 713
30 Chicken Pot Pie w/ Vegetables (339), Mashed Potatoes (76), Clementine (1), White Bread (125), Milk (103) Sodium 643, Calories 468	*<u>SUNDAY JUNE 1st</u> Chicken Waldorf Salad (122), Fresh Fruit Salad (12), Summer Vegetable Salad (130), SF Lemon Cookie (70), WG Bread (125), Milk (103) Sodium 562, Calories 610	MENU KEY: High Sodium items (>500mg) are marked with asterisk* <u>High Sodium Days</u> are >1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg) SF = Sugar Free; WG = Whole Grain		Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.		 Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.