



November 2025 – Supper Menu

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
MENU KEY: Cardiac meals aim to be under 600 milligrams of sodium, 20 grams or less total fat, and 6 grams or less saturated fat. The 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.		1 Egg Salad (320) Potato Salad (132) Broccoli Raisin Salad (187) Fresh Clementine (1) WG Bread (125), Milk (103)	2 Turkey Apricot Salad (464) Fall Farro Salad (166) Chopped Kale Salad (128) Pears (0) White Bread (125), Milk (103)
					Sodium 867, Calories 909	Sodium 987, Calories 791
3 Hot Meal Cilantro Lime Chicken (310) Brown Rice (44) Peas & Carrots (80) Tropical Fruit (5) WG Bread (125), Milk (103)	4 Caprese Chicken Salad (192) Vidalia Onion Bowtie Salad (101) Broccoli Slaw (86) SF Vanilla Pudding (115) White Bread (125), Milk (103)	5 Deli Turkey (280) & Swiss (50) Potato Salad (132) Carrot Cabbage Slaw (41) Mixed Fruit (0) WG Bread (125), Milk (103)	6 Hot Meal Cheeseburger (221) Herb Roasted Potatoes (30) Garlic Spinach (65) Pears (0), ketchup pkt (85) Hamburger Bun (240), Milk (103)	7 Chilled Pesto Chicken (195) Pesto Bowtie Salad (184) Tomato Basil Salad (198) Fresh Orange (0) White Bread (125), Milk (103)	8 BBQ Turkey Salad (560*) Harvest Pasta Salad (139) Roasted Cauliflower Salad (60) Peaches (0) White Bread (125), Milk (103)	9 Fiesta Chicken Salad (237) Three Bean Salad (236) Curry Broccoli Salad (190) Fresh Apple (2) WG Bread (125), Milk (103)
Sodium 667, Calories 623	Sodium 722, Calories 767	Sodium 731, Calories 609	Sodium 743, Calories 713	Sodium 806, Calories 731	Sodium 987, Calories 728	Sodium 892, Calories 683
10 Egg Salad (320) Artichoke Couscous Salad (252) Cucumber Dill Salad (82) Mixed Fruit (0) White Bread (125), Milk (103)	11 Veteran's Day - Closed 	12 Citrus Chicken Salad (104) White Bean Salad (306) Coleslaw (80) Pineapples (0) WG Bread (125), Milk (103)	13 Hot Meal Meatloaf w/ Sauce (264) Mashed Potatoes (76) Brussels Sprouts (19) SF Choc Chip Cookie (75) White Bread (125), Milk (103)	14 Chicken Apricot Salad (246) Sweet Potato Salad (120) Pickled Cucumber Salad (12) Mandarin Oranges (6) White Bread (125), Milk (103)	15 Hot Meal Beef Shepherd's Pie w/ Corn (259) Garlic Linguini (2) Braised Spinach (98) SF Choc Pudding (115) WG Bread (125), Milk (103)	16 Deli Turkey (280) & Swiss (50) Potato Salad (132) Carrot Raisin Salad (119) Mixed Fruit (0) WG Bread (125), Milk (103)
Sodium 881, Calories 925	NO MEAL SERVICE	Sodium 717, Calories 624	Sodium 662, Calories 607	Sodium 611, Calories 738	Sodium 701, Calories 659	Sodium 809, Calories 765
17 Chilled Pesto Chicken (195) Pesto Bowtie Salad (184) Tomato Basil Salad (198) Fresh Orange (0) White Bread (125), Milk (103)	18 Egg Salad (320) Potato Salad (132) Fall Roasted Veg Salad (53) SF Lemon Cookie (75) Hot Dog Bun (270), Milk (103)	19 Hot Meal Chicken Broccoli Cheddar Sauce (288) Brown Rice (44) Peas & Carrots (80) Tropical Fruit (5) White Bread (125), Milk (103)	20 Fiesta Chicken Salad (237) Macaroni Salad (169) Coleslaw (80) Applesauce (10) WG Bread (125), Milk (103)	21 Hot Meal BBQ Pulled Pork (515*) Garlic Parsley Potatoes (32) Broccoli & Carrots (53) Pears (0) White Bread (125), Milk (103))	22 Turkey Apricot Salad (464) Fall Farro Salad (166) Chopped Kale Salad (128) SF Choc Pudding (115) WG Bread (125), Milk (103)	23 Citrus Chicken Salad (104) White Bean Salad (306) Cauliflower Tomato Salad (191) Pineapples (0) White Bread (125), Milk (103)
Sodium 806, Calories 731	Sodium 953, Calories 977	Sodium 645, Calories 594	Sodium 667, Calories 623	Sodium 828, Calories 710	Sodium 1102, Calories 801	Sodium 829, Calories 591
24 Hot Meal Hot Dog (448) Herb Roasted Potatoes (30) Broccoli (15) Applesauce (10) Hot Dog Bun (270), Milk (103)	25 Curried Chicken Salad (153) Orzo Pasta Salad (48) Carrot Cabbage Slaw (41) SF Oatmeal Cookie (80) WG Bread (125), Milk (103)	26 Tuna Pasta Salad (451) Broccoli Sesame Slaw (262) Mandarin Oranges (6) White Bread (125), Milk (103)	27 Happy Thanksgiving - Closed 	28 No Meal Service 	29 Spinach Feta Chicken Salad (164) Three Bean Salad (236) Cauliflower Red Pepper Salad (232) Fresh Apple (1) WG Bread (125), Milk (103)	30 Caprese Chicken Salad (192) Vidalia Onion Bowtie Salad (101) Broccoli Slaw (86) SF Vanilla Pudding (115) White Bread (125), Milk (103)
Sodium 875, Calories 607	Sodium 551, Calories 524	Sodium 947, Calories 581	NO MEAL SERVICE	NO MEAL SERVICE	Sodium 862, Calories 659	Sodium 722, Calories 767