VEGETARIAN LUNCH MARCH 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.



MOUNT TESM PACING/N THEAD PROJENT Solution Soluti							
Display Dumber in parenthesis next to term is the solum content in milligrams (mg). Three Chases Automit, Description Three Chases Autom	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 4 Trypic/Glazed Tolu (20), Glazed Tolu		Care Partners	number in parenthesis next to item is the sodium content in milligrams (mg). SF = Sugar Free, WG = Whole Grain			Twisted Mac & Cheese, Carrots, SF Cookie,	Three Cheese Macaroni, Green Beans, Carrots,
Rightonic Wirder Stauce (81) Rick wird Wirder Stauce (81) Rick wird Wirder Stauce (81) Rick wird Wirder Stauce (81) Carrots, Finaeppie, 400 Carrots, Finae Finit, 400 Carrots, Finae Finit, 400 Carrots, Finae Finit, 400	3	4	5 Ethnic Meal – Indian	6	7	8 <u>FROZEN MEAL</u>	9 <u>FROZEN MEAL</u>
10 11 12 BIRTHDAY CAKE 13 14 15 EROZEN MEAL 16 FROZEN MEAL Stuffed Pepper (438), Herb Roasted Potatoes (30), California Blend Vegetables (42), Sance (777), Wax Beans (4) Broccoli (17), Fiesh Sance (728), Milk (103) Spaghetti & Veggie Meatballs w/ Red Suce (777), Wax Beans (1), White Bread (125), Milk (103) 14 15 EROZEN MEAL Three Cheese Macaroni, Green Beans, Carrots, Pers, WG Bread, Milk Sodium 733, Calories 642 Sodium 1032, Calories 741 Sodium 1028, Calories 756 Sodium 803, Calories 729 Sodium 873, Calories 623 2 22 FROZEN MEAL Three Cheese Macaroni, Green Beans, Carrots, Pers, WG Bread, Milk Three Cheese Macaroni, Green Beans, Carrots, Pers, WG Bread, Milk 22 FROZEN MEAL 23 FROZEN MEAL Manicotil Alfredo, Corr, Carrots, Freeh Fuit, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, Pers, WG Bread, Milk 19 20 21 22 FROZEN MEAL Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, White Bre	Rigatoni w/ Red Sauce (81) Green Beans (4), Fresh Fruit (1)	Rice w/ Carrots (100), Catalina Blend Vegetables (41), Fudge Brownie (230) /	Chik'n w/ Sweet Curry Sauce & Red Peppers (592)*, Sesame Jasmine Rice (89), Cauliflower (18), Pudding (110) / SF	Sour Cream & Chive Mashed Potatoes (83), Broccoli (17), Tropical Fruit (5)	(536)*, Italian Zucchini Carrot Blend (49), Mixed Fruit (0)	Carrots, Pineapple,	Carrots, Fresh Fruit, WG
Stuffed Pepper (438), Herb Roasted Potatos (30), California Bland Vegetables (30), Schoolie (37), Vagetatian Brown Rice Print, 10), Woß Bread (125), Milk (103) Veggie Burger wi Swiss & Red Pepper Succe (37), Vagetatian Brown Rice Print, 10), Woß Bread (125), Milk (103) Three Cheese Macaroni, Carots, Miade Fruit, Nike Vegetables (20), SF Cookie Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Miade Fruit, Nike Vegetables (20), SF Cookie Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Miade Fruit, Nike Vegetables (20), SF Cookie Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Miade Fruit, Nike Vegetables (20), SF Cookie Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Miade Fruit, Nike Vegetable Lasagna (460), Water Fruit (1), WG Bread (125), Milk (103) Sodium 803, Calories 729 Sodium 803, Calories 520 Zet Rozen Meal. Three Cheese Macaroni, Carots, SP Cookie Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Nike Prait, Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Presh Fruit, Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Presh Fruit, Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, SP Cookie Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Presh Fruit, Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Presh Fruit, Withe Bread (125), Milk (103) Three Cheese Macaroni, Carots, Presh Fruit, Withe Bread (125), Milk (103) Three Cheese Macaroni, Green Baras, Carots, Withe Bread (125), Milk (103) Three Cheese Macaroni,	Sodium 973, Calories 782	Sodium 619, Calories 745	Sodium <u>1272</u> , Calories 756	Sodium 492, Calories 671	Sodium 813, Calories 603		
Potates (30), California Blend Sauce (777), Yaka Eeans (4) Meadow Blend Vegetables (20) Sauce (345), Vegetainan Brown Rice Tertrazini (494), Carots (96) Orean Beans, Carrots, Miked Fruit, White Bread (125), Milk (103) Sodium 739, Calories 642 Sodium 1032, Calories 774 Sodium 1032, Calories 775 Sodium 803, Calories 729 Sodium 873, Calories 623 Image (16) Imag	10	11	12 BIRTHDAY CAKE	13	14	15 FROZEN MEAL	16 FROZEN MEAL
17 St. Patrick's Day 18 19 20 21 22 FROZEN MEAL Three Cheese Macaroni, Green Beans, Carots, Postos (75), Milk (103) Thied Eggplant w/ Vegetarian Red Sauce (359) B8Q Cheddar Mac & Cheese (558)* Cheese Ravioli w/ Pumpkin Cream Sauce (349), Broccoli (17), Corn, Peppers, Onions (5), White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Postos (75), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carots, Wite Bread (125), Milk (103) Sodium 810, Calories 856 Sodium 27, Calories 681 Sodium 27, Calories 681 Sodium 27, Calories 681	Potatoes (30), California Blend Vegetables (42), Banana (1), White	Sauce (777)*, Wax Beans (4) Broccoli (17), Mandarin Oranges (6)	Meadow Blend Vegetables (20) Cake (320) / SF Cookie	Sauce (436), Vegetarian Brown Rice Pilaf (60), Peas & Carrots (80), Fresh	Tetrazzini (549)*, Carrots (96) Pineapple (0)	Green Beans, Carrots,	Carrots, Mixed Fruit,
Sweet Potato & Onion Crustless Quiche (382), Homemade Mashed Potatoes (76), Bracceli (17), Fresh Apple (2), WG Bread (125), Milk (103) Veggie Meatoaf w/ Sauce (339) Brussels Sprouts (19), Yogurt (60) Fried Eggplant w/ Vegetarian Red Sauce (517)*, Herb Roasted Potatoes (30), Garden Mixed Vegetatioles (44), Mixed Pruit (0), WG Bread (125), Milk (103) Cheese Ravioli w/ Pumpkin Cream Sauce (349), Broccoli (17), Crohociate Chip Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Twisted Mac & Cheese, Carrots, Fresh Fruit, White Bread (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, Presh Fruit (1) Sodium 705, Calories 706 Sodium 695, Calories 702 Sodium 823, Calories 700 Sodium 810, Calories 786 Sodium 727, Calories 681 Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Sofium 727, Calories 681 Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (117), Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (132) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (117), Cookie (118) / SF Cookie (WG Bread (125), Milk (103) Image: Cookie (117), Cookie (118) / SF Cookie (117), Cookie (128) / SF Cookie (117), Cookie (128) / SF Cookie (116), Cookie (128) / SF Cookie (128), Milk (103) Image: Cookie (128) / SF Cookie (116), Cookie (128), Milk (103) Image: Cookie (128)	Sodium 739, Calories 642	Sodium 1032, Calories 741	Sodium 1028, Calories 756	Sodium 803, Calories 729	Sodium 873, Calories 623		
Quiche (382), Homemade Mashed Potatoes (76), Brussels Sprouts (19), Yogurt (60) White Bread (125), Milk (103) (517), Firesh Roasted Potatoes (30), Garden Mixed Vegetables (48), Mixed Fruit (19), WG White Bread (125), Milk (103) Bačed Sweet Potato (29) White Bread (125), Milk (103) Carots, Fresh Fruit, White Bread (125), Milk (103) Green Beans, Carrots, Peras, WG Bread, 125), Milk (103) Green Beans, Carrots, Peras, WG Bread, 125), Milk (103) Carots, Fresh Fruit, White Bread (125), Milk (103) Green Beans, Carrots, Peras, WG Bread, 125), Milk (103) Green Beans, Carrots, Peras, WG Bread, 125), Milk (103) Carots, Fresh Fruit, White Bread (125), Milk (103) Green Beans, Carrots, Peras, WG Bread, 125), Milk (103) Peras, WG Bread, Milk Sodium 705, Calories 856 Sodium 695, Calories 702 Sodium 823, Calories 700 Sodium 810, Calories 786 Sodium 727, Calories 681 Sodium 727, Calories 681 <td>17 St. Patrick's Day</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22 FROZEN MEAL</td> <td>23 FROZEN MEAL</td>	17 St. Patrick's Day	18	19	20	21	22 FROZEN MEAL	23 FROZEN MEAL
24 25 TACO TUESDAY 26 27 28 29 FROZEN MEAL 30 FROZEN MEAL Lentil Shepard's Pie (72) Veggie Taco (314), Vegetarian Yellow Veggie Bean Ragu w/ Plant-Based Stuffed Acorn Squash (159) Stuffed Shells w/ Florentine Sauce Manicotti Alfredo, Corn, Three Cheese Macaroni, Fresh Fruit (1) White Bread (125), Milk (103) Shedded Cheese (90), Fresh Orange Wilk (100) Stuffed Acorn Squash (159) Stuffed Acorn Squash (159) Manicotti Alfredo, Corn, Carrots, Pineapple, Three Cheese Macaroni, Sodium 377, Calories 611 Sodium 879, Calories 790 Sodium 980, Calories 546 Sodium 429, Calories 631 Sodium 926, Calories 557 Executive Main 31 Veggie Meatballs (196) w/ Vegetarian Swedish Meatball Sauce (117), Freg Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Suggested, Confiden	Quiche (382), Homemade Mashed Potatoes (76), Broccoli (17), Fresh	Baked Sweet Potato (29) Brussels Sprouts (19), Yogurt (60)	(517)*, Herb Roasted Potatoes (30), Garden Mixed Vegetables (48), Mixed Fruit (0), WG	Broccoli (17) Corn, Peppers, Onions (5) Fresh Fruit (1)	Sauce (349), Broccoli (17), Chocolate Chip Cookie (132) / SF	Carrots, Fresh Fruit,	Green Beans, Carrots,
Lentil Shepard's Pie (72) Veggie Taco (314), Vegetarian Yellow Hearty Veggie Bean Ragu w/ Plant-Based Stuffed Acorn Squash (159) Stuffed Shells w/ Florentine Sauce Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread (125), Milk (103) Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread (125), Milk (103) Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Three Cheese Macaroni, Green Beans, Carrots, Pineapple, White Bread (125), Milk (103) Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White Bread, (125), Milk (103) Manicoti Alfredo, Corn, Carrots, Pineapple, White	Sodium 705, Calories 856	Sodium 695, Calories 702	Sodium 823, Calories 700	Sodium 810, Calories 786	Sodium 727, Calories 681		
Homemade Mashed Potatoes (76) Fresh Fruit (1) White Bread (125), Milk (103) Rice (50), Fire Roasted Corn (2), Shredded Cheese (90), Fresh Orange (0), Flour Tortilla (320), Milk (103) Sausage (562)*, Peas & Carrots (80), Pudding (110) / SF Pudding WG Bread (125), Milk (103) Meadow Blend Vegetables (20) Mixed Berry Cobbler (22) / SF Cookie White Bread (125), Milk (103) Carrots, Pineapple, White Bread, Milk Carrots, Pineapple, White Bread, (125), Milk (103) Green Beans, Carrots, Fresh Fruit, WG Bread, Milk Sodium 377, Calories 611 Sodium 879, Calories 790 Sodium 980, Calories 546 Sodium 429, Calories 631 Sodium 926, Calories 557 Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Sodium 926, Calories 557 Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (103) Image: Carrots (17), Fresh Fruit (1), White Bread (125), Milk (24	25 TACO TUESDAY	26	27	28	29 <u>FROZEN MEAL</u>	30 <u>FROZEN MEAL</u>
31 Veggie Meatballs (196) w/ Vegetarian Swedish Meatball Sauce (117), Egg Noodles (17), Broccoli (17), Fresh Fruit (1), White Bread (125), Milk (103)	Homemade Mashed Potatoes (76) Fresh Fruit (1)	Rice (50), Fire Roasted Corn (2), Shredded Cheese (90), Fresh Orange	Sausage (562)*, Peas & Carrots (80), Pudding (110) / SF Pudding	Meadow Blend Vegetables (20) Mixed Berry Cobbler (22) / SF Cookie	(657)*, Catalina Blend Vegetables (41), Peaches (0)	Carrots, Pineapple,	Green Beans, Carrots, Fresh Fruit, WG Bread,
Veggie Meatballs (196) w/ Vegetarian Swedish Meatball Sauce (117), Egg Noodles (17), Broccoli (17), Fresh Fruit (1), White Bread (125), Milk (103) Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	Sodium 377, Calories 611	Sodium 879, Calories 790	Sodium 980, Calories 546	Sodium 429, Calories 631	Sodium 926, Calories 557		
Sodium 576, Calories 623	Veggie Meatballs (196) w/ Vegetarian Swedish Meatball Sauce (117), Egg Noodles (17), Broccoli (17), Fresh Fruit						
	Sodium 576, Calories 623						