



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.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<div><p>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</p></div>		<div><p>formerly WestMass ElderCare</p></div>		<p>MENU KEY: High Sodium Item (&gt;500mg) are marked with asterisk*. High Sodium Days are &gt;1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg). SF = Sugar Free, WG = Whole Grain</p> <p><u>Vegetarian menu does not contain any meat, fish, or poultry.</u></p>						<p><b>1 <u>FROZEN MEAL</u></b></p> <p>Twisted Mac &amp; Cheese, Carrots, SF Cookie, White Bread, Milk</p>		<p><b>2 <u>FROZEN MEAL</u></b></p> <p>Three Cheese Macaroni, Green Beans, Carrots, Pears, WG Bread, Milk</p>	
<p><b>3</b></p> <p>Chik'n Parmesan (659)* Rigatoni w/ Red Sauce (81) Green Beans (4), Fresh Fruit (1) White Bread (125), Milk (103)</p>		<p><b>4</b></p> <p>Teriyaki-Glazed Tofu (20), Ginger Fried Rice w/ Carrots (100), Catalina Blend Vegetables (41), Fudge Brownie (230) / SF Cookie, WG Bread (125), Milk (103)</p>		<p><b>5 Ethnic Meal – Indian</b></p> <p><u>HIGH SODIUM DAY</u> Chik'n w/ Sweet Curry Sauce &amp; Red Peppers (592)*, Sesame Jasmine Rice (89), Cauliflower (18), Pudding (110) / SF Pudding, Naan Bread (360), Milk (103)</p>		<p><b>6</b></p> <p>Stuffed Acorn Squash (159) Sour Cream &amp; Chive Mashed Potatoes (83), Broccoli (17), Tropical Fruit (5) White Bread (125), Milk (103)</p>		<p><b>7</b></p> <p>Cheese Ravioli a la Vodka Sauce (536)*, Italian Zucchini Carrot Blend (49), Mixed Fruit (0) WG Bread (125), Milk (103)</p>		<p><b>8 <u>FROZEN MEAL</u></b></p> <p>Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, Milk</p>		<p><b>9 <u>FROZEN MEAL</u></b></p> <p>Twisted Mac &amp; Cheese, Carrots, Fresh Fruit, WG Bread, Milk</p>	
Sodium 973, Calories 782		Sodium 619, Calories 745		Sodium <u>1272</u> , Calories 756		Sodium 492, Calories 671		Sodium 813, Calories 603					
<p><b>10</b></p> <p>Stuffed Pepper (438), Herb Roasted Potatoes (30), California Blend Vegetables (42), Banana (1), White Bread (125), Milk (103)</p>		<p><b>11</b></p> <p>Spaghetti &amp; Veggie Meatballs w/ Red Sauce (777)*, Wax Beans (4) Broccoli (17), Mandarin Oranges (6) WG Bread (125), Milk (103)</p>		<p><b>12 BIRTHDAY CAKE</b></p> <p>White Vegetable Lasagna (460) Meadow Blend Vegetables (20) Cake (320) / SF Cookie White Bread (125), Milk (103)</p>		<p><b>13</b></p> <p>Veggie Burger w/ Swiss &amp; Red Pepper Sauce (436), Vegetarian Brown Rice Pilaf (60), Peas &amp; Carrots (80), Fresh Fruit (1), WG Bread (125), Milk (103)</p>		<p><b>14</b></p> <p>Veggie Chik'n Strips &amp; White Bean Tetrazzini (549)*, Carrots (96) Pineapple (0) White Bread (125), Milk (103)</p>		<p><b>15 <u>FROZEN MEAL</u></b></p> <p>Three Cheese Macaroni, Green Beans, Carrots, Pears, WG Bread, Milk</p>		<p><b>16 <u>FROZEN MEAL</u></b></p> <p>Manicotti Alfredo, Corn, Carrots, Mixed Fruit, White Bread, Milk</p>	
Sodium 739, Calories 642		Sodium 1032, Calories 741		Sodium 1028, Calories 756		Sodium 803, Calories 729		Sodium 873, Calories 623					
<p><b>17 St. Patrick's Day</b></p> <p>Sweet Potato &amp; Onion Crustless Quiche (382), Homemade Mashed Potatoes (76), Broccoli (17), Fresh Apple (2), WG Bread (125), Milk (103)</p>		<p><b>18</b></p> <p>Veggie Meatloaf w/ Sauce (359) Baked Sweet Potato (29) Brussels Sprouts (19), Yogurt (60) White Bread (125), Milk (103)</p>		<p><b>19</b></p> <p>Fried Eggplant w/ Vegetarian Red Sauce (517)*, Herb Roasted Potatoes (30), Garden Mixed Vegetables (48), Mixed Fruit (0), WG Bread (125), Milk (103)</p>		<p><b>20</b></p> <p>BBQ Cheddar Mac &amp; Cheese (558)* Broccoli (17) Corn, Peppers, Onions (5) Fresh Fruit (1) White Bread (125), Milk (103)</p>		<p><b>21</b></p> <p>Cheese Ravioli w/ Pumpkin Cream Sauce (349), Broccoli (17), Chocolate Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103)</p>		<p><b>22 <u>FROZEN MEAL</u></b></p> <p>Twisted Mac &amp; Cheese, Carrots, Fresh Fruit, White Bread, Milk</p>		<p><b>23 <u>FROZEN MEAL</u></b></p> <p>Three Cheese Macaroni, Green Beans, Carrots, Pears, WG Bread, Milk</p>	
Sodium 705, Calories 856		Sodium 695, Calories 702		Sodium 823, Calories 700		Sodium 810, Calories 786		Sodium 727, Calories 681					
<p><b>24</b></p> <p>Lentil Shepard's Pie (72) Homemade Mashed Potatoes (76) Fresh Fruit (1) White Bread (125), Milk (103)</p>		<p><b>25 TACO TUESDAY</b></p> <p>Veggie Taco (314), Vegetarian Yellow Rice (50), Fire Roasted Corn (2), Shredded Cheese (90), Fresh Orange (0), Flour Tortilla (320), Milk (103)</p>		<p><b>26</b></p> <p>Hearty Veggie Bean Ragu w/ Plant-Based Sausage (562)*, Peas &amp; Carrots (80), Pudding (110) / SF Pudding WG Bread (125), Milk (103)</p>		<p><b>27</b></p> <p>Stuffed Acorn Squash (159) Meadow Blend Vegetables (20) Mixed Berry Cobbler (22) / SF Cookie White Bread (125), Milk (103)</p>		<p><b>28</b></p> <p>Stuffed Shells w/ Florentine Sauce (657)*, Catalina Blend Vegetables (41), Peaches (0) WG Bread (125), Milk (103)</p>		<p><b>29 <u>FROZEN MEAL</u></b></p> <p>Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, Milk</p>		<p><b>30 <u>FROZEN MEAL</u></b></p> <p>Three Cheese Macaroni, Green Beans, Carrots, Fresh Fruit, WG Bread, Milk</p>	
Sodium 377, Calories 611		Sodium 879, Calories 790		Sodium 980, Calories 546		Sodium 429, Calories 631		Sodium 926, Calories 557					
<p><b>31</b></p> <p>Veggie Meatballs (196) w/ Vegetarian Swedish Meatball Sauce (117), Egg Noodles (17), Broccoli (17), Fresh Fruit (1), White Bread (125), Milk (103)</p>				<p><b>Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging &amp; Independence &amp; Administration for Community Living.</b></p>									
Sodium 576, Calories 623													