



VEGETARIAN LUNCH

AUGUST 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	
Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.				MENU KEY: High Sodium Item (>500mg) are marked with asterisk*. High Sodium Days are >1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg). SF = Sugar Free, WG = Whole Grain. Vegetarian meals follow a lacto-ovo vegetarian diet which includes dairy and eggs but does not include meat, poultry, or fish.				1 Cheese Ravioli (278) w/ Lentil Spinach Cream (187) Italian Zucchini & Carrots (49) Mixed Fruit (0) WG Bread (125), Milk (103)		2 <u>FROZEN MEAL</u> Manicotti Alfredo, Corn, Carrots Tropical Fruit, White Bread, Milk		3 <u>FROZEN MEAL</u> Twisted Mac & Cheese w/ Veggie, Pears, WG Bread, Milk	
								Sodium 741, Calories 636					
4 Veggie Chik'n Piccata (507*) Garlic Linguini (2) Tarragon Carrots (79) Fresh Orange (0) White Bread (125), Milk (103)		5 TACO TUESDAY Lentil Taco Filling w/ Cheese (259) Vegetarian Yellow Rice (50) Fire Roasted Corn (2) Mandarin Oranges (6) Flour Tortillas (320), Milk (103)		6 Tofu w/ Mushroom Lemon Sauce (103) ½ Baked Potato (4) Catalina Blend Vegetables (41) Clementine (1) White Bread (125), Milk (103)		7 BIRTHDAY CAKE Southwestern Black Beans (318) Vegetarian Yellow Rice (50) Broccoli, Peppers, Onions (9) Chocolate Cake (320) / SF Cookie WG Bread (125), Milk (103)		8 Cheese Ravioli (278) w/ Coconut Cream Sauce (18) Cauliflower & Red Peppers (49) Rice Krispies Treat (105) / SF Cookie White Bread (125), Milk (103)		9 <u>FROZEN MEAL</u> Twisted Mac & Cheese w/ Veggies, Applesauce, WG Bread, Milk		10 <u>FROZEN MEAL</u> Manicotti Alfredo, Corn, Carrots Tropical Fruit, White Bread, Milk	
Sodium 816, Calories 549		Sodium 545, Calories 842		Sodium 377, Calories 480		Sodium 924, Calories 864		Sodium 678, Calories 732					
11 Southwestern Black Beans (318) Tex Mex Rice (29) Fire Roasted Corn (2) Tropical Fruit (5) WG Bread (125), Milk (103)		12 Lentil Shepherd's Pie (75) Mashed Potatoes (76) Carrots (96) Fresh Orange (0) White Bread (125), Milk (103)		13 ETHNIC MEAL - POLISH Lentil Lazy Man's Galumpki (261) Roasted Cauliflower (21) Vanilla Pudding (115) / SF Pudding WG Bread (125), Milk (103)		14 Chimichurri Lentils (178) Adobo Potatoes (33) Stewed Italian Tomatoes (137) Banana (1) White Bread (125), Milk (103)		15 Lasagna Rollette (490) w/ Marinara (135) Broccoli (15) Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103)		16 <u>FROZEN MEAL</u> Garden Scrambled Eggs, Mixed Fruit, WG Bread, Milk		17 <u>FROZEN MEAL</u> Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, White Bread, Milk	
Sodium 581, Calories 719		Sodium 475, Calories 814		Sodium 625, Calories 508		Sodium 578, Calories 745		Sodium 973, Calories 652					
18 Vegetarian Chili (282) ½ Baked Sweet Potato (29) Cumin Roasted Brussels Sprouts (27) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)		19 Edamame Stroganoff (322) Egg Noodles (17) Peas & Carrots (80) Clementine (1) White Bread (125), Milk (103)		20 Veggie Chik'n w/ Lemon Cream Sauce (485), Harvest Wild Rice (21) Monte Carlo Vegetables (20) Brownie Cookie (115) / SF Cookie WG Bread (125), Milk (103)		21 Cumin Plant-Based Patty (273) Garlic Linguini (2) Broccoli & Corn (14) Banana (1) White Bread (125), Milk (103)		22 Cheese Ravioli (278) w/ Florentine Sauce (117) Brussels Sprouts (19) Mixed Fruit (0) WG Bread (125), Milk (103)		23 <u>FROZEN MEAL</u> Garden Scrambled Eggs, Mixed Fruit, WG Bread, Milk		24 <u>FROZEN MEAL</u> Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, White Bread, Milk	
Sodium 698, Calories 746		Sodium 648, Calories 991		Sodium 868, Calories 667		Sodium 518, Calories 573		Sodium 642, Calories 594					
25 Vegetarian Jambalaya (477) Red Beans & Rice (113) 5 Way Vegetables (27) Mandarin Oranges (6) WG Bread (125), Milk (103)		26 Veggie Burger (325) Herb Roasted Potatoes (30) Broccoli (15), Banana (1) Hamburger Bun (240), Milk (103) w/ Ketchup (85)		27 Broccoli Cheddar Quiche (194) Steamed Potatoes (27) Garlic Spinach (65) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)		28 Margherita Chik'n w/ Basil Cream (612) Sour Cream & Chive Mash Potatoes (83) Carrots & Broccoli (53) Tropical Fruit (5) White Bread (125), Milk (103)		29 Vegetarian Stuffed Peppers (438) 3 Way Vegetables (40) Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103)		30 <u>FROZEN MEAL</u> Manicotti Alfredo, Corn, Carrots Tropical Fruit, White Bread, Milk		31 <u>FROZEN MEAL</u> Twisted Mac & Cheese w/ Veggie, Pears, WG Bread, Milk	
Sodium 851, Calories 650		Sodium 799, Calories 633		Sodium 646, Calories 661		Sodium 981, Calories 627		Sodium 811, Calories 498					