



VEGETARIAN LUNCH

JULY 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.	1 ETHNIC MEAL - CHINESE Teriyaki-Glazed Tofu (36) Ginger Fried Rice (69) Edamame (8), Banana (1) White Bread (125), Milk (103)	2 Broccoli Cheddar Quiche (194), Steamed Potatoes (27), Garlic Spinach (65), Chocolate Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103)	3 Lentil Shepherd's Pie w/ Corn (75), Mashed Potatoes (76), Carrots (96), Fresh Orange (0), White Bread (125), Milk (103)	4 NO MEAL SERVICE 	5 FROZEN MEAL Manicotti Alfredo, Corn, Carrots, Tropical Fruit, White Bread, Milk	6 FROZEN MEAL Twisted Mac & Cheese w/ Veggies, Pears, WG Bread, Milk
	Sodium 342, Calories 722	Sodium 646, Calories 661	Sodium 475, Calories 814	HOLIDAY – 4 th of JULY		
7 Hawaiian Roasted Tofu (22), Sesame Jasmine White Rice (89), Broccoli (15), Fresh Apple (2) White Bread (125), Milk (103)	8 TACO TUESDAY Lentil Taco (169), Yellow Vegetarian Rice (50), Fire Roasted Corn (2), Shredded Cheese (90) Tropical Fruit (5) Flour Tortilla (320), Milk (103)	9 Three Bean Stew (436), White Rice (12), Corn, Peppers, Onions (5), Fresh Orange (0), White Bread (125), Milk (103)	10 Veggie Chik'n w/ Garlic Paprika Sauce (507*), Garlic Dill Steamed Potatoes (29), Monte Carlo Vegetables (20), Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103)	11 Veggie Pot Pie (407), Garlic Orecchiette Pasta (1), Brussels Sprouts (19), Brownie Cookie (115) / SF Cookie, White Bread (125), Milk (103)	12 FROZEN MEAL Twisted Mac & Cheese w/ Veggies, Applesauce, WG Bread, Milk	13 FROZEN MEAL Manicotti Alfredo, Corn, Carrots, Pears, White Bread, Milk
Sodium 356, Calories 630	Sodium 739, Calories 950	Sodium 682, Calories 750	Sodium 889, Calories 613	Sodium 770, Calories 866		
14 Cilantro Lime Veggie Patty (447), Basmati Rice (4), Monte Carlo Vegetables (20), Mixed Fruit (0), White Bread (125), Milk (103)	15 BIRTHDAY CAKE Tofu w/ Stir Fry Sauce (27), Paprika White Rice (21), Broccoli, Peppers, Onions (9) White Cake (210)/ SF Cookie, WG Bread (125), Milk (103)	16 Vegetarian Meatballs w/ Tuscan Sauce (273), Spaghetti (9), Wax Beans (4), Tropical Fruit (5) White Bread (125), Milk (103)	17 Margherita Chik'n (553*) w/ Basil Cream (59), Sour Cream & Chive Mashed Potatoes (83), 3 Way Veggies (40), Banana (1), WG Bread (125), Milk (103)	18 Vegetarian Penne Bolognese (239), Broccoli (15), Chocolate Pudding (110) / SF Pudding, White Bread (125), Milk (103)	19 FROZEN MEAL Garden Scrambled Eggs, Mixed Fruit, WG Bread, Milk	20 FROZEN MEAL Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, White Bread, Milk
Sodium 698, Calories 644	Sodium 495, Calories 762	Sodium 520, Calories 717	Sodium 964, Calories 666	Sodium 592, Calories 636		
21 Southwest Chik'n Salad w/ Lettuce & Cheese (501*), Avocado Ranch (186), Black Beans & Corn (60), Tomatoes & Cucumbers (3), Mandarin Oranges (6), WG Bread (125), Milk (103)	22 Roasted BBQ Tofu (307) Buttered Corn (6), Broccoli (15), Chocolate Chip Cookie (132) / SF Cookie White Bread (125), Milk (103)	23 Veggie Burger (325), Warm Spanish Potato Salad (76), Spring Peas & Carrots (80), Fresh Orange (0), Hamburger Bun (240), Milk (103) Ketchup pkt (85)	24 Tofu Scallopini (44), White Rice Pilaf (62), Roasted Cauliflower (21) Oatmeal Cookie (105) / SF Cookie White Bread (125), Milk (103)	25 Cheese Manicotti w/ White Bean Ragu Sauce (586*), Monte Carlo Vegetables (20), Tropical Fruit (5) WG Bread (125), Milk (103)	26 FROZEN MEAL Garden Scrambled Eggs, Peaches, White Bread, Milk	27 FROZEN MEAL Three Cheese Macaroni w/ Veggies, Carrots, Mixed Fruit, WG Bread, Milk
Sodium 984, Calories 591	Sodium 687, Calories 670	Sodium 910, Calories 635	Sodium 461, Calories 587	Sodium 839, Calories 581		
28 Veggie Chik'n w/ Harvest Cream Sauce (592*), Garlic & Dill Potatoes (29), Broccoli (15) Tropical Fruit (5) WG Bread (125), Milk (103)	29 Vegetarian Meatballs w/ Tuscan Sauce (273), Penne (6) Cali Blend Vegetables (42), Orange (0) White Bread (125), Milk (103)	30 Plant-based Sausage & Onions w/ Red Sauce (736*), ½ Baked Potato (4), Roasted Brussels Sprouts (19) Chocolate Pudding (110) / SF Pudding, WG Bread (125), Milk (103)	31 Roasted Tofu w/ Vegan Gravy (102) Homemade Mashed Potatoes (76) Green Beans (4) Clementine (1) White Bread (125), Milk (103)	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.		
Sodium 870, Calories 589	Sodium 549, Calories 686	Sodium 1097, Calories 711	Sodium 412, Calories 539			