





# VEGETARIAN LUNCH

## JUNE 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.**

**Access Care Partners**  
formerly WestMass ElderCare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 (See end of menu for Sunday June 1 <sup>st</sup> )  Veggie Chik'n w/ Harvest Cream Sauce (592*), Garlic & Dill Potatoes (29), Broccoli (15), Tropical Fruit (5), WG Bread (125), Milk (103)  Sodium 870, Calories 589	3  Vegetarian Meatballs w/ Tuscan Sauce (273), Spaghetti (9) Wax Beans (4), Fresh Orange (0) White Bread (125), Milk (103)  Sodium 515, Calories 728	4  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)  Sodium 1097, Calories 711	5  Roasted Tofu w/ Vegan Gravy (102) Homemade Mashed Potatoes (76) Green Beans (4) Clementine (1) White Bread (125), Milk (103)  Sodium 412, Calories 539	6  Lasagna Rolette w/ Spinach Lentil Cream Sauce (583*), Catalina Blend Vegetables (41), Chocolate Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)  Sodium 1077, Calories 817	7 FROZEN MEAL  Manicotti Alfredo, Corn, Carrots, SF Cookie, White Bread, Milk	8 FROZEN MEAL  Twisted Mac & Cheese, Carrots, Pears, WG Bread, Milk
9  Veggie Chik'n Piccata Sauce (507*), Garlic Linguini (5) Tarragon Carrots (79) Fresh Orange (0) White Bread (125), Milk (103)  Sodium 885, Calories 570	10 TACO TUESDAY  Lentil Taco Filling (169), Vegetarian Yellow Rice (50) Fire Roasted Corn (2) Mandarin Oranges (6) Flour Tortillas (320), Milk (103)  Sodium 650, Calories 877	11  Roasted Tofu w/ Mushroom Lemon Sauce (103), Egg Noodles (17), Catalina Blend Vegetables (41), Tropical Fruit (5) White Bread (125), Milk (103)  Sodium 394, Calories 672	12 BIRTHDAY CAKE  Southwestern Black Beans (318), Vegetarian Yellow Rice (50), Broccoli, Peppers, Onions (9), Chocolate Cake (320) / SF Cookie, WG Bread (125), Milk (103)  Sodium 924, Calories 864	13  Cheese Ravioli w/ Coconut Cream Sauce (296), Roasted Cauliflower & Red Peppers (49), Rice Krispies Treat (105) / SF Cookie, White Bread (125), Milk (103)  Sodium 678, Calories 732	14 FROZEN MEAL  Garden Scrambled Eggs, Mixed Fruit, White Bread, Milk	15 FROZEN MEAL  Manicotti Alfredo, Corn, Carrots, Pears, White Bread, Milk
16  Southwestern Black Beans (318), Tex Mex Rice (29), Fire Roasted Corn (2), Tropical Fruit (5) WG Bread (125), Milk (103)  Sodium 581, Calories 719	17  Lentil Shepherd's Pie w/ Corn (75), Mashed Potatoes (76), Buttered Carrots (96), Fresh Orange (0), White Bread (125), Milk (103)  Sodium 475, Calories 814	18 ETHNIC MEAL - POLISH  Lentil Lazy Man's Galumpki (261), Roasted Cauliflower (21) Vanilla Pudding (115) / SF Pudding WG Bread (125), Milk (103)  Sodium 625, Calories 508	19 <u>JUNETEENTH HOLIDAY</u>    HOLIDAY - CLOSED	20  Roasted Tofu w/ Puttanesca Sauce (154), Gamelli Pasta (0), Green Beans (4), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103)  Sodium 491, Calories 694	21 <u>FROZEN MEAL</u>  Garden Scrambled Eggs, Fresh Fruit, White Bread, Milk	22 <u>FROZEN MEAL</u>  Three Cheese Macaroni, Green Beans, Carrots, Pineapple, Milk
23  Tofu Bean Chili (282), Sour Cream & Chive Mashed Potatoes (83), Cumin Roasted Brussels Sprouts (27), Choc Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103)  Sodium 751, Calories 685	24  Edamame Stroganoff (322) Egg Noodles (17) Peas & Carrots (80) Tropical Fruit (5) White Bread (125), Milk (103)  Sodium 653, Calories 1024	25  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)  Sodium 868, Calories 667	26  Cumin Plant-Based Patty (273), Garlic Linguini (2), Broccoli & Corn (14), Banana (1) White Bread (125), Milk (103)  Sodium 518, Calories 573	27  Cheese Ravioli w/ Florentine Sauce (395), Roasted Brussels Sprouts (19), Mixed Fruit (0), WG Bread (125), Milk (103)  Sodium 642, Calories 594	28 <u>FROZEN MEAL</u>  Manicotti Alfredo, Corn, Carrots, SF Cookie, White Bread, Milk	29 <u>FROZEN MEAL</u>  Twisted Mac & Cheese, Carrots, Tropical Fruit, WG Bread, Milk
30  Vegetarian Jambalaya (477) Red Beans & Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), WG Bread (125), Milk (103)  Sodium 851, Calories 650	<b><u>*SUNDAY JUNE 1<sup>st</sup></u></b>  <b>FROZEN MEAL</b> Twisted Mac & Cheese Carrots, Tropical Fruit WG Bread, Milk	<b>MENU KEY:</b> Cardiac meals aim to be under 600 milligrams of sodium, 20 grams or less total fat, and 6 grams or less saturated fat. Number in parenthesis next to item is the sodium content in milligrams (mg). LS = Low Sodium; SF = Sugar Free		<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>		 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>