





# VEGETARIAN LUNCH

## MAY 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
 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>	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	1 Cumin Plant-Based Patty (273), Garlic Linguini (5), Broccoli & Corn (14), Banana (1), White Bread (125), Milk (103) Sodium 521, Calories 693	2 Ravioli (278) w/ Florentine Sauce (117), Roasted Brussels Sprouts (19), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103) Sodium 747, Calories 624	3 <u>FROZEN MEAL</u> Garden Scrambled Eggs, Applesauce, White Bread, Milk	4 <u>FROZEN MEAL</u> Three Cheese Macaroni w/ Veggies, Carrots, Pears, WG Bread, Milk
5 Vegetarian Jambalaya (477), Red Beans & Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), WG Bread (125), Milk (103) Sodium 851, Calories 650	6 Ethnic Meal - Chinese Teriyaki-Glazed Tofu (36), Ginger Fried Rice (69), Edamame (8), Banana (1), White Bread (125), Milk (103) Sodium 342, Calories 722	7 Broccoli Cheddar Quiche (194), Steamed Potatoes (27), Garlic Spinach (65), Chocolate Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103) Sodium 646, Calories 661	8 Lentil Shepherd's Pie w/ Corn (75), Mashed Potatoes (76), Carrots (96), Fresh Orange (0), White Bread (125), Milk (103) Sodium 475, Calories 814	9 Quinoa Veggie Stuffed Peppers (438), 3 Way Vegetables (40), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103) Sodium 811, Calories 498	10 <u>FROZEN MEAL</u> Manicotti Alfredo, Corn, Carrots, Tropical Fruit, White Bread, Milk	11 <u>FROZEN MEAL</u> Twisted Mac & Cheese w/ Veggies, Pears, WG Bread, Milk
12 Hawaiian Roasted Tofu (22), Sesame Jasmine White Rice (89), Broccoli (15), Fresh Apple (2), White Bread (125), Milk (103) Sodium 356, Calories 630	13 TACO TUESDAY Lentil Taco (169), Yellow Vegetarian Rice (50), Fire Roasted Corn (2), Shredded Cheese (90), Tropical Fruit (5), Flour Tortilla (320), Milk (103) Sodium 739, Calories 950	14 Three Bean Stew (436), White Rice (12), Corn, Peppers, Onions (5), Fresh Orange (0), White Bread (125), Milk (103) Sodium 682, Calories 750	15 Veggie Chik'n w/ Garlic Paprika Sauce (507)*, Garlic Dill Steamed Potatoes (29), Monte Carlo Vegetables (41), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103) Sodium 910, Calories 623	16 Veggie Pot Pie (407), Garlic Orecchiette Pasta (1), Brussels Sprouts (19), Brownie Cookie (115) / SF Cookie, White Bread (125), Milk (103) Sodium 770, Calories 866	17 <u>FROZEN MEAL</u> Twisted Mac & Cheese w/ Veggies, Applesauce, WG Bread, Milk	18 <u>FROZEN MEAL</u> Manicotti Alfredo, Corn, Carrots, Pineapple, White Bread, Milk
19 Cilantro Lime Veggie Patty (447), Basmati Rice (4), Monte Carlo Vegetables (41), Mixed Fruit (0), White Bread (125), Milk (103) Sodium 719, Calories 653	20 BIRTHDAY CAKE Tofu w/ Stir Fry Sauce (27), Paprika White Rice (21), Broccoli, Peppers, Onions (9) White Cake (210), WG Bread (125), Milk (103) Sodium 495, Calories 762	21 Vegetarian Meatballs w/ Tuscan Sauce (273), Spaghetti (9), Wax Beans (4), Tropical Fruit (5), White Bread (125), Milk (103) Sodium 520, Calories 717	22 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) Sodium 964, Calories 666	23 Vegetarian Penne Bolognese (239), Broccoli (15), Chocolate Pudding (110) / SF Pudding, White Bread (125), Milk (103) Sodium 592, Calories 636	24 <u>FROZEN MEAL</u> Garden Scrambled Eggs, Pears, White Bread, Milk	25 <u>FROZEN MEAL</u> Three Cheese Macaroni w/ Veggies, Carrots, Mixed Fruit, WG Bread, Milk
26 Holiday – NO MEAL SERVICE  Memorial Day - CLOSED	27 Roasted BBQ Tofu (304), Buttered Corn (6), Broccoli (15) Chocolate Chip Cookie (132) / SF Cookie, White Bread (125), Milk (103) Sodium 685, Calories 675	28 Veggie Burger (325), Warm Spanish Potato Salad (76), Spring Peas & Carrots (80), Fresh Orange (0), Hamburger Bun (240), Milk (103) Ketchup pkt (85) Sodium 909, Calories 643	29 Tofu Scallopini (155), White Rice Pilaf (62), Roasted Cauliflower (21) Oatmeal Cookie (105) / SF Cookie White Bread (125), Milk (103) Sodium 571, Calories 604	30 Cheese Manicotti w/ White Bean Ragu Sauce (586)*, Monte Carlo Vegetables (41), Tropical Fruit (0) WG Bread (125), Milk (103) Sodium 860, Calories 591	31 <u>FROZEN MEAL</u> Manicotti Alfredo, Corn, Carrots, Peaches, White Bread, Milk	Vegetarian meals follow a lacto-ovo vegetarian diet which includes dairy and eggs but does not include meat, poultry, or fish.