






# November 2025 – Vegetarian Lunch

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
<b>MENU KEY:</b> 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.			Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.		1 <u>FROZEN MEAL</u>  Twisted Mac & Cheese w/ Veggies, Applesauce, White Bread, Milk	2 <u>FROZEN MEAL</u>  Manicotti Alfredo, Corn, Carrots Tropical Fruit, WG Bread, Milk
3  Vegetarian Bean Chili (282) Herb Roasted Potatoes (30) Broccoli (15) Vanilla Pudding (115)/ SF Pudding White Bread (125), Milk (103)  Sodium 670, Calories 578	4 Special – Indian-Inspired  Sweet Curry Veg Chik’n (592*) Sesame White Rice (89) Peas & Carrots (80) Mixed Fruit (0) WG Bread (125), Milk (103)  Sodium 989, Calories 685	5  Lasagna Roll w/ Garden Tomato Sauce (573*) Monte Carlo Vegetables (20) Tropical Fruit (5) White Bread (125), Milk (103)  Sodium 826, Calories 691	6  Bruschetta Veg Chik’n (594*) Garlic Linguini (2) Brussels Sprouts (19) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)  Sodium 975, Calories 766	7  Sweet Potato & Onion Crustless Quiche (382) Paprika Potatoes (30), Green Beans (4) Fresh Clementine (1) White Bread (125), Milk (103)  Sodium 644, Calories 831	8 <u>FROZEN MEAL</u>  Garden Scrambled Eggs, Mixed Fruit, WG Bread, Milk	9 <u>FROZEN MEAL</u>  Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, White Bread, Milk
10  Eggplant w/ Hearty Sauce (517*) Italian Herb Rigatoni (1) Italian Zucchini & Carrots (49) Mandarin Oranges (6) WG Bread (125), Milk (103)  Sodium 801, Calories 780	11 Veteran’s Day - Closed    NO MEAL SERVICE	12  Vegetarian Meatballs & Spaghetti w/ Marinara Sauce (777*) Broccoli (15) Peaches (0) White Bread (125), Milk (103)  Sodium 1020, Calories 711	13 Special – Breakfast for Lunch  Egg Omelet w/ Swiss Cheese (330) French Toast Sticks w/ Syrup (290) Hashbrown (280) w/ Ketchup pkt (85) Fresh Apple (1) Orange Juice (0), Milk (103)  Sodium 1088, Calories 883	14  Cheese Ravioli w/ Vodka Sauce (536*) California Blend Vegetables (42) Choc Pudding (110) / SF Pudding WG Bread (125), Milk (103)  Sodium 916, Calories 659	15 <u>FROZEN MEAL</u>  Garden Scrambled Eggs, Mixed Fruit, White Bread, Milk	16 <u>FROZEN MEAL</u>  Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, WG Bread, Milk
17  Veggie Burger w/ Swiss Cheese (375) Baked Beans (288) Garden Mix Vegetables (48) Mixed Fruit (0) Hamburger Bun (240), Milk (103)  Sodium 1054, Calories 649	18  Vegetarian Meatloaf w/ Sauce (359) Garlic Parsley Potatoes (32) Green Beans (4) Tropical Fruit (5) White Bread (125), Milk (103)  Sodium 628, Calories 628	19  Cheese Manicotti w/ Marinara Sauce (595*) Garlic Spinach (65) Peaches (0) WG Bread (125), Milk (103)  Sodium 888, Calories 528	20 Special – Holiday Meal  Baked Tofu w/ Vegetarian Gravy (102) Mashed Potatoes (76) Whipped Butternut Squash (28) Apple Crisp (200) / SF Cookie White Bread (125), Milk (103)  Sodium 635, Calories 892	21 Special – Birthday Cake  Vegetarian Sloppy Joe (238) Potato Wedges (27) Broccoli (15) White Cake (210) / SF Cookie White Bread (125), Milk (103)  Sodium 718, Calories 839	22 <u>FROZEN MEAL</u>  Manicotti Alfredo, Corn, Carrots Tropical Fruit, WG Bread, Milk	23 <u>FROZEN MEAL</u>  Twisted Mac & Cheese w/ Veggie, Pears, White Bread, Milk
24  BBQ Baked Tofu (304) Baked Sweet Potato (29) Corn, Peppers, Onions (5) Fresh Orange (0) WG Bread (125), Milk (103)  Sodium 567, Calories 704	25 Special – Taco Tuesday  Lentil Taco w/ Cheese (259) Vegetarian Yellow Rice (50) Fire Roasted Corn (2) Pineapples (0) Flour Tortillas (320), Milk (103)  Sodium 734, Calories 955	26  Veg Chik’n Marsala (606*) Olive Oil Penne (11) Brussels Sprouts (19) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103)  Sodium 996, Calories 839	27 Happy Thanksgiving - Closed  	28  <i>No Meal Service</i>  	29 <u>FROZEN MEAL</u>  Twisted Mac & Cheese w/ Veggies, Applesauce, White Bread, Milk	30 <u>FROZEN MEAL</u>  Manicotti Alfredo, Corn, Carrots Tropical Fruit, WG Bread, Milk
			NO MEAL SERVICE	NO MEAL SERVICE		