

## **April 2026 Cardiac Lunch 7 Day Menu**

**For cancellations, please call the Nutrition Department at (413) 538-9020 by NOON the business day before.**

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**

### **1 Wednesday**

Cheese Ravioli w/

Basil Cream Sauce (337)

California Blend Vegetables x2 (84)

Orange (0)

Sodium 591, Calories 716

LS Wheat Bread (40), Milk (130)

Sodium 591, Calories 716

### **2 Thursday**

Chicken Scallopini (171)

White Rice Pilaf (62)

Broccoli (15)

Mixed Fruit (0)

LS Wheat Bread (40), Milk (130)

Sodium 418, Calories 574

### **3 Friday**

Lemon Crumb White Fish (367)

Garlic Linguini (2)

Monte Carlo Vegetables (20)

Tropical Fruit (5)

LS Wheat Bread (40), Milk (130)

Sodium 564, Calories 521

#### **4 Saturday**

##### **Frozen Meal**

Meatballs in Orange

Sauce, White Rice,

Vegetable, Peaches, LS

Wheat Bread (40), Milk (130)

#### **5 Sunday**

##### **Frozen Meal**

Egg Patty, Potato,

Gravy, Mixed Fruit,

LS Wheat Bread (40), Milk (130)

#### **6 Monday – Happy Easter!**

Chicken w/ Broccoli Cheddar Sauce (288)

Garlic Dill Potatoes (29)

Broccoli (15), Peaches (0)

LS Wheat Bread (40), Milk (130)

Sodium 502, Calories 623

#### **7 Tuesday**

LS Homemade Meatballs

w/ Tuscan Sauce (156)

Olive Oil Penne (11)

Carrots (96), Clementine (1)

LS Wheat Bread (40), Milk (130)

Sodium 435, Calories 863

### **8 Wednesday**

Chilled Pesto Chicken (195)

Quinoa Veggie Salad (159)

Coleslaw (80)

Pears (0)

LS Wheat Bread (40), Milk (130)

Sodium 603, Calories 741

### **9 Thursday**

Turkey Loaf w/ Gravy (330)

Mashed Potatoes (76)

Green Beans (4)

Mixed Fruit (0)

LS Wheat Bread (40), Milk (130)

Sodium 580, Calories 717

### **10 Friday**

Cheese Ravioli w/

Basil Cream Sauce (337)

California Blend Vegetables x2 (84)

Pears (0)

LS Wheat Bread (40), Milk (130)

Sodium 591, Calories 705

## **11 Saturday**

### **Frozen Meal**

BBQ Pork

Sweet Potato

Mixed Vegetable

Tropical Fruit

LS Wheat Bread (40), Milk (130)

## **12 Sunday**

### **Frozen Meal**

Twisted Mac & Cheese

Vegetable

Pears

LS Wheat Bread (40), Milk (130)

## **13 Monday**

Chicken Piccata (212)

Garlic Linguini (2)

Catalina Blend Vegetables (41)

Oatmeal Cookie (85) / SF Cookie

LS Wheat Bread (40), Milk (130)

Sodium 510, Calories 569

#### **14 Tuesday – Taco Tuesday**

Chicken Taco w/ 1 Tbsp Cheese (242)

Yellow Rice (34)

Fire Roasted Corn (2)

Mandarin Oranges (6)

One Flour Tortilla (160), Milk (130)

Sodium 573, Calories 620

#### **15 Wednesday**

Pulled Pork w/ Rosemary Sauce (156)

Garlic Parsley Potatoes (32)

Carrots (96)

Tropical Fruit (5)

LS Wheat Bread (40), Milk (130)

Sodium 397, Calories 709

#### **16 Thursday**

White Bean Chicken Chili (322)

White Rice (4)

Broccoli (15)

Apple (2)

LS Wheat Bread (40), Milk (130)

Sodium 512, Calories 695

### **17 Friday**

Pulled Cilantro Lime Chicken (240)

½ Baked Sweet Potato (29)

California Blend Vegetables (42)

Peaches (0)

LS Wheat Bread (40), Milk (130)

Sodium 481, Calories 729

### **18 Saturday**

#### **Frozen Meal**

Pasta Bolognese

Vegetable Mix

Applesauce

LS Wheat Bread (40), Milk (130)

### **19 Sunday**

#### **Frozen Meal**

Meatballs in Orange Sauce

White Rice

Vegetable

Pears

LS Wheat Bread (40), Milk (130)

## **20 Monday**

**Closed for Patriot's Day**

## **21 Tuesday**

Chilled Pesto Chicken (195)

Vidalia Onion Orzo Salad (95)

Mediterranean Kale Salad (128)

Peaches (0)

LS Wheat Bread (40), Milk (130)

Sodium 588, Calories 807

## **22 Wednesday – Greek Inspired Cultural Meal**

Moussaka Lasagna

(Beef & Eggplant) (158)

Lemon Garlic Potatoes (27)

Garlic Spinach (65), Clementine (1)

LS Wheat Bread (40), Milk (130)

Sodium 420, Calories 805

## **23 Thursday**

Cheese Ravioli w/

Basil Cream Sauce (337)

Broccoli x2 (30)

Peaches (0)

LS Wheat Bread (40), Milk (130)

Sodium 537, Calories 692

## **24 Friday**

Chicken Marsala (357)

Risotto (50)

Brussels Sprouts (19)

Applesauce (10)

LS Wheat Bread (40), Milk (130)

Sodium 606, Calories 655

## **25 Saturday**

### **Frozen Meal**

Hamburger w/ Potato

Mixed Fruit

LS Wheat Bread (40), Milk (130)

## **26 Sunday**

### **Frozen Meal**

Omelet

Sausage

Potato

Vegetable

SF Cookie

LS Wheat Bread (40), Milk (130)

**27 Monday**

Turkey Bean Chili (375)

½ Baked Sweet Potato (29)

Cumin Roasted Broccoli (13)

Mixed Fruit (0)

LS Wheat Bread (40), Milk (130)

Sodium 588, Calories 745

**28 Tuesday**

Beef Stroganoff (206)

Egg Noodles (17)

Carrots (96)

Tropical Fruit (5)

LS Wheat Bread (40), Milk (130)

Sodium 495, Calories 705

**29 Wednesday**

Teriyaki Chicken (164)

White Rice (4)

Green Beans (4)

Pineapples (0)

LS Wheat Bread (40), Milk (130)

Sodium 342, Calories 587

**30 Thursday**

Cheese Ravioli w/  
Basil Cream Sauce (337)  
Catalina Blend Vegetables x2 (82)  
Apple (2)  
LS Wheat Bread (40), Milk (130)  
Sodium 591, Calories 743

**MENU KEY:**

The cardiac menu is designed for those who need to follow a Heart Healthy eating plan. Each meal contains 600 milligrams or less sodium, 20 grams or less total fat, and 6 grams or less saturated fat. The number in parenthesis next to item is the sodium content in milligrams (mg).

LS = Low Sodium; SF = Sugar Free

x2 = Double portion of vegetables.

Note: Weekend cardiac lunch is a frozen meal.

If you have any questions about the cardiac diet, please call the dietitian at (413) 538-9020 ext. 680.

Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community

Living.