




April 2026 – Cardiac 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
MENU DESCRIPTION & 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.		1 Cheese Ravioli w/ Basil Cream Sauce (337) California Blend Vegetables x2 (84) Orange (0) LS Wheat Bread (40), Milk (130) Sodium 591, Calories 716	2 Chicken Scallopini (171) White Rice Pilaf (62) Broccoli (15) Mixed Fruit (0) LS Wheat Bread (40), Milk (130) Sodium 418, Calories 574	3 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 FROZEN LUNCH Meatballs in Orange Sauce, White Rice, Vegetable, Peaches, LS Wheat Bread (40), Milk (130)	5 FROZEN LUNCH Egg Patty, Potato, Gravy, Mixed Fruit, LS Wheat Bread (40), Milk (130)
6 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 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 Chilled Pesto Chicken (195) Quinoa Veggie Salad (159) Coleslaw (80) Pears (0) LS Wheat Bread (40), Milk (130) Sodium 603, Calories 741	9 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 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 FROZEN LUNCH BBQ Pork, Sweet Potato, Mixed Vegetable, Tropical Fruit, LS Wheat Bread (40), Milk (130)	12 FROZEN LUNCH Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread (40), Milk (130)
13 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 Special – 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 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 White Bean Chicken Chili (322) White Rice (4) Broccoli (15) Apple (2) LS Wheat Bread (40), Milk (130) Sodium 512, Calories 695	17 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 FROZEN LUNCH Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread (40), Milk (130)	19 FROZEN LUNCH Meatballs in Orange Sauce, White Rice, Vegetable, Pears, LS Wheat Bread (40), Milk (130)
 Closed for Patriots' Day NO MEAL SERVICE	21 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 Cultural Meal – Greek-Inspired 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 Cheese Ravioli w/ Basil Cream Sauce (337) Broccoli x2 (30) Peaches (0) LS Wheat Bread (40), Milk (130) Sodium 537, Calories 692	24 Chicken Marsala (357) Risotto (50) Brussels Sprouts (19) Applesauce (10) LS Wheat Bread (40), Milk (130) Sodium 606, Calories 655	25 FROZEN LUNCH Hamburger w/ Potato, Mixed Fruit, LS Wheat Bread (40), Milk (130)	26 FROZEN LUNCH Omelet, Sausage, Potato, Vegetable, SF Cookie, LS Wheat Bread (40), Milk (130)
27 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 Beef Stroganoff (206) Egg Noodles (17) Carrots (96) Tropical Fruit (5) LS Wheat Bread (40), Milk (130) Sodium 495, Calories 705	29 Teriyaki Chicken (164) White Rice (4) Green Beans (4) Pineapples (0) LS Wheat Bread (40), Milk (130) Sodium 342, Calories 587	30 Cheese Ravioli w/ Basil Cream Sauce (337) Catalina Blend Vegetables x2 (82) Apple (2) LS Wheat Bread (40), Milk (130) Sodium 591, Calories 743			Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.