


March 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
2 (March 1st at bottom of menu**) Chicken w/ Garlic Cream Sauce (236) Italian Herb Rigatoni (1) Carrots (96), Clementine (1) LS Wheat Bread (40), Milk (130)	3 Special – Taco Tuesday Chicken Taco w/ Cheese (287) Yellow Rice (34) Fire Roasted Corn (2) Pineapples (0) One Flour Tortilla (160), Milk (130)	4 Chilled Pesto Chicken (195) Potato Salad (132) Coleslaw (80) Peaches (0) LS Wheat Bread (40), Milk (130)	5 Lemon Seasoned White Fish (282), Au Gratin Potatoes (88) Broccoli (15) Apple (2) LS Wheat Bread (40), Milk (130)	6 LS Homemade Meatballs & Penne w/ LS Alfredo Sauce (179) Green Beans (4) Mixed Fruit (0) LS Wheat Bread (40), Milk (130)	7 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Vegetable, Peaches, LS Wheat Bread, Milk	8 FROZEN MEAL Egg Patty, Potato, Gravy, Mixed Fruit, LS Wheat Bread, Milk
Sodium 505, Calories 679	Sodium 612, Calories 670	Sodium 577, Calories 801	Sodium 556, Calories 537	Sodium 354, Calories 875		
9 Chicken w/ Honey Ginger Glaze (138) White Rice Pilaf (62) Broccoli (15), Orange (0) LS Wheat Bread (40), Milk (130)	10 Italian Herb Chicken w/ Garlic Sauce (282), Garlic Linguini (2), Catalina Blend Vegetables (41), Peaches (0) LS Wheat Bread (40), Milk (130)	11 Meatloaf w/ Sauce (264) Garlic Parsley Potatoes (32) Green Beans (4), Mixed Fruit (0) LS Wheat Bread (40), Milk (130)	12 Cheese Ravioli w/ Garlic Sauce (379) Broccoli x2 (30), Mandarin Oranges (6) LS Wheat Bread (40), Milk (130)	13 Turkey Loaf w/ Gravy Mashed Potatoes (76) Butternut Squash (28), Clementine (1) LS Wheat Bread (40), Milk (130)	14 FROZEN MEAL BBQ Pork, Sweet Potato, Mixed Vegetable, Tropical Fruit, LS Wheat Bread, Milk	15 FROZEN MEAL Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread, Milk
Sodium 384, Calories 680	Sodium 495, Calories 582	Sodium 471, Calories 689	Sodium 584, Calories 680	Sodium 604, Calories 754		
16 Special – Indian-Inspired Sweet Curry Chicken (296) Sesame Jasmine Rice (89) California Blend Vegetables (42) Mixed Fruit (0) LS Wheat Bread (40), Milk (130)	17 Special - St. Patrick's Day  Irish Beef Stew (188) Steamed Potatoes (27) Carrots (96) Oatmeal Cookie (85) / SF Cookie LS Wheat Bread (40), Milk (130)	18 Pulled Cilantro Lime Chicken (240) Mashed Sweet Potato (128) Brussels Sprouts (19) Apple (2) LS Wheat Bread (40), Milk (130)	19 Balsamic Glazed Chicken (181) Olive Oil Penne (11) Carrots (96) Clementine (1) LS Wheat Bread (40), Milk (130)	20 First Day of Spring! Sloppy Joe (152) Potato Wedges (27) Broccoli (15) Oatmeal Cookie (85) / SF Cookie LS Wheat Bread (40), Milk (130)	21 FROZEN MEAL Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread, Milk	22 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Vegetable, Pears, LS Wheat Bread, Milk
Sodium 598, Calories 633	Sodium 566, Calories 829	Sodium 559, Calories 703	Sodium 460, Calories 748	Sodium 449, Calories 692		
23 Shepherd's Pie w/ Corn (259) Mashed Potatoes (76) Tropical Fruit (5) LS Wheat Bread (40), Milk (130)	24 Cheese Ravioli w/ LS Alfredo Sauce (367) 5 Way Vegetables x2 (55) Pears (0) LS Wheat Bread (40), Milk (130)	25 Chicken w/ Broccoli Cheddar Sauce (288) Garlic Linguini (2) 3 Way Vegetables (40), Peaches (0) LS Wheat Bread (40), Milk (130)	26 LS Homemade Swedish Meatballs (153) Buttered Egg Noodles (28) Green Peas (82), Clementine (1) LS Wheat Bread (40), Milk (130)	27 Chicken w/ Rosemary Sauce (224) Herb Roasted Potatoes (89) California Blend Vegetables (42) Oatmeal Cookie (85) / Sf Cookie LS Wheat Bread (40), Milk (130)	28 FROZEN MEAL Hamburger w/ Potato, Mixed Fruit, LS Wheat Bread, Milk	29 FROZEN MEAL Omelet, Sausage, Potato, Vegetable, SF Cookie, LS Wheat Bread, Milk
Sodium 510, Calories 746	Sodium 591, Calories 836	Sodium 500, Calories 581	Sodium 434, Calories 830	Sodium 551, Calories 579		
30 Turkey Salisbury Steak w/ Gravy (312) Mashed Potatoes (76) Broccoli (15), Apple (2) LS Wheat Bread (40), Milk (130)	31 Chicken w/ Mushroom Lemon Sauce (230) Garlic Dill Potatoes (29) Carrots (96), Mixed Fruit (0) LS Wheat Bread (40), Milk (130)	MENU KEY: 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 x2 = Double portion of vegetables.		**March 1st SUNDAY FROZEN MEAL Omelet, Sausage, Potato, Vegetable, SF Cookie LS Wheat Bread, Milk	Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	
Sodium 575, Calories 730	Sodium 525, Calories 591					