

## **April 2026 Regular Lunch 5 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 – High Sodium Day**

Tossed Salad w/ Italian Dressing (364)

Hot Dog (448) w/ Ketchup pkt (85)

Herb Roasted Potatoes (30)

Peas & Carrots (80)

Orange (0)

Hot Dog Bun (270), Milk (130)

Sodium 1407\*, Calories 781

### **2 Thursday**

Chicken Scallopini (171)

White Rice Pilaf (62)

Broccoli (15)

Oatmeal Cookie (85) / SF Cookie

White Bread (125), Milk (130)

Sodium 588, Calories 534

### **3 Friday**

Almond White Fish w/ Garlic Sauce (419)

Garlic Linguini (2)

Monte Carlo Blend (20)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 701, Calories 683

## **6 Monday – Happy Easter!**

### **High Sodium Day**

Sliced Ham w/ Apple Glaze (927\*)

Garlic Parsley Potatoes (32)

Broccoli (15)

Apple Crisp (200)

White Bread (125), Milk (130)

Sodium 1429\*, Calories 760

## **7 Tuesday**

Meatballs w/ Tuscan Sauce (663\*)

Olive Oil Penne (11)

Carrots (96)

Clementine (1)

WG Bread (125), Milk (130)

Sodium 1026, Calories 772

## **8 Wednesday**

### **Cold Plate & Soup**

Tortellini Soup (278) w/ Crackers (80)

Apricot Chicken Salad (246)

Potato Salad (132)

Coleslaw (80)

Light & Fit Yogurt (60)

White Bread (125), Milk (130)

Sodium 1131, Calories 927

### **9 Thursday**

Turkey Breast w/ Gravy (592\*)

Mashed Potatoes (76)

Green Beans (4)

Mixed Fruit (0)

WG Bread (125), Milk (130)

Sodium 927, Calories 514

### **10 Friday**

Lasagna Roll Al la Vodka Sauce (619)

California Blend Vegetables x2 (84)

Choc Chip Cookie (150) / SF Cookie

White Bread (125), Milk (130)

Sodium 1109, Calories 736

### **13 Monday**

Chicken Piccata (212)

Garlic Linguini (2)

Catalina Blend Vegetables (41)

Oatmeal Cookie (85) / SF Cookie

WG Bread (125), Milk (130)

Sodium 595, Calories 499

#### **14 Tuesday – Taco Tuesday**

Beef Taco w/ Cheese (221)

Yellow Rice (34)

Fire Roasted Corn (2)

Clementine (1)

Flour Tortillas (320), Milk (130)

Sodium 712, Calories 902

#### **15 Wednesday**

Tossed Salad w/ Citrus Dressing (330)

Pulled Pork w/ Rosemary Sauce (156)

Mashed Potatoes (76)

Carrots (96)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 908, Calories 768

#### **16 Thursday**

White Bean Chicken Chili (322)

White Rice (4)

Broccoli (15)

Apple (2)

WG Bread (125), Milk (130)

Sodium 597, Calories 625

### **17 Friday – Birthday Cake**

Pineapple Teriyaki Pulled Chicken (154)

½ Baked Sweet Potato (29)

California Blend Vegetables (42)

White Cake (210) / SF Cookie

White Bread (125), Milk (130)

Sodium 690, Calories 799

### **20 Monday**

**Closed for Patriot's Day**

### **21 Tuesday**

#### **Cold Plate**

Citrus Chicken Salad (138)

White Bean Salad (306)

Mediterranean Kale Salad (128)

Oatmeal Cookie (85) / SF Cookie

WG Bread (125), Milk (130)

Sodium 913, Calories 758

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

Chilled Strawberry Soup (59) w/ Crackers (80)

Moussaka Lasagna (Beef & Eggplant) (158)

Greek Lemon Garlic Potatoes (27)

Braised Spinach (98)

Clementine (1)

White Bread (125), Milk (130)

Sodium 678, Calories 872

### **23 Thursday**

Lasagna Roll w/ Marinara (625\*)

Broccoli x2 (30)

Peaches (0)

WG Bread (125), Milk (130)

Sodium 910, Calories 684

### **24 Friday**

Chicken Marsala (357)

Risotto (50)

Brussels Sprouts (19)

Choc Chip Cookie (150) / SF Cookie

White Bread (125), Milk (130)

Sodium 831, Calories 585

### **27 Monday**

Turkey Bean Chili (375)

½ Baked Sweet Potato (29)

Cumin Roasted Broccoli (13)

Choc Chip Cookie (150) / SF Cookie

WG Bread (125), Milk (130)

Sodium 823, Calories 705

### **28 Tuesday**

Beef Stroganoff (206)

Egg Noodles (17)

Carrots (96)

Tropical Fruit (5)

White Bread (125), Milk (130)

Sodium 580, Calories 635

### **29 Wednesday**

Caeser Salad (632)

Chicken w/ Lemon Cream Sauce (190)

Lemon Couscous (11)

Green Beans (4)

Pineapple (0)

WG Bread (125), Milk (130)

Sodium 1091, Calories 843

### **30 Thursday**

Hot Dog (448) w/ Ketchup pkt (85)

Herb Roasted Potatoes (30)

Broccoli (15)

Apple (2)

Hot Dog Bun (270), Milk (130)

Sodium 977, Calories 625

**MENU KEY:**

High Sodium foods (>500mg) are marked with an asterisk\*

High Sodium Day = meals with 1200mg or more sodium in total

The number in parenthesis next to food is the sodium content in milligrams (mg)

SF = Sugar Free; WG = Whole Grain

x2 = Double portion of vegetables

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