



April 2026 – Community Table Lunch



Reach out to the meal site to sign up.
For nutrition-related questions call (413) 538-9020.
MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 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 | | 1 Salad, 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 Chicken Scallopini (171) White Rice Pilaf (62) Broccoli (15) Oatmeal Cookie (85) White Bread (125), Milk (130) Sodium 588, Calories 534 | 3 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 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)  | 7 Meatballs w/ Tuscan Sauce (663*) Olive Oil Penne (11) Carrots (96) Clementine (1) WG Bread (125), Milk (130) | 8 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) | 9 Turkey Breast w/ Gravy (592*) Mashed Potatoes (76) Green Beans (4) Mixed Fruit (0) WG Bread (125), Milk (130) | 10 Lasagna Roll Al la Vodka Sauce (619) California Blend Vegetables x2 (84) Choc Chip Cookie (150) White Bread (125), Milk (130) |
| Sodium 1429*, Calories 760 | Sodium 1026, Calories 772 | Sodium 1131, Calories 927 | Sodium 927, Calories 514 | Sodium 1109, Calories 736 |
| 13 Chicken Piccata (212) Garlic Linguini (2) Catalina Blend Vegetables (41) Oatmeal Cookie (85) WG Bread (125), Milk (130) | 14 Special - Taco Tuesday Beef Taco w/ Cheese (221) Yellow Rice (34) Fire Roasted Corn (2) Clementine (1) Flour Tortillas (320), Milk (130) | 15 Salad 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) | 16 White Bean Chicken Chili (322) White Rice (4) Broccoli (15) Apple (2) WG Bread (125), Milk (130) | 17 Birthday Cake Pineapple Teriyaki Pulled Chicken (154) ½ Baked Sweet Potato (29) California Blend Vegetables (42) White Cake (210) White Bread (125), Milk (130) |
| Sodium 595, Calories 499 | Sodium 712, Calories 902 | Sodium 908, Calories 768 | Sodium 597, Calories 625 | Sodium 690, Calories 799 |
|  Closed for Patriots' Day | 21 Cold Plate Citrus Chicken Salad (138) White Bean Salad (306) Mediterranean Kale Salad (128) Oatmeal Cookie (85) WG Bread (125), Milk (130) | 22 Cultural Meal – Greek-Inspired, Soup 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) | 23 Lasagna Roll w/ Marinara (625*) Broccoli x2 (30) Peaches (0) WG Bread (125), Milk (130) | 24 Chicken Marsala (357) Risotto (50) Brussels Sprouts (19) Choc Chip Cookie (150) White Bread (125), Milk (130) |
| NO MEAL SERVICE | Sodium 913, Calories 758 | Sodium 678, Calories 872 | Sodium 910, Calories 684 | Sodium 831, Calories 585 |
| 27 Turkey Bean Chili (375) ½ Baked Sweet Potato (29) Cumin Roasted Broccoli (13) Choc Chip Cookie (150) WG Bread (125), Milk (130) | 28 Beef Stroganoff (206) Egg Noodles (17) Carrots (96) Tropical Fruit (5) White Bread (125), Milk (130) | 29 Salad Caesar Salad (632) Chicken w/ Lemon Cream Sauce (190) Lemon Couscous (11) Green Beans (4), Pineapple (0) WG Bread (125), Milk (130) | 30 Hot Dog (448) w/ Ketchup pkt (85) Herb Roasted Potatoes (30) Broccoli (15) Apple (2) Hot Dog Bun (270), Milk (130) | Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living. |
| Sodium 823, Calories 705 | Sodium 580, Calories 635 | Sodium 1091, Calories 843 | Sodium 977, Calories 625 | |