



April 2026 – Latino Lunch



For cancellations, please call the Nutrition Department at (413) 538-9020 by NOON the business day before.
MENU IS 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 Hot Dog (448) w/ Ketchup pkt (85) Herb Roasted Potatoes (30) Peas & Carrots (80) Orange (0) Hot Dog Bun (270), Milk (130)	2 Plantain Stuffed Chicken w/ Sofrito (388) Yellow Rice (34), Broccoli (15) Oatmeal Cookie (85) / SF Cookie White Bread (125), Milk (130)	3 White Fish w/ Yuca Garlic Sauce (418) Garlic Roasted Plantains (3) Monte Carlo Blend (20) Tropical Fruit (5) WG Bread (125), Milk (130)
		Sodium 1043, Calories 681	Sodium 588, Calories 534	Sodium 700, Calories 511
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/ Smoked Paprika Cumin Sauce (638*) Yellow Rice & Black Beans (40) Carrots (96), Clementine (1) WG Bread (125), Milk (130)	8 Cold Plate Fiesta Chicken Salad (237) Potato Salad (132) Coleslaw (80) Light & Fit Yogurt (60) White Bread (125), Milk (130)	9 Turkey Breast w/ Sofrito Gravy (589*) Mashed Potatoes (76) Green Beans (4), Mixed Fruit (0) WG Bread (125), Milk (130)	10 Cilantro Lime Pulled Chicken (130) Rice with Pigeon Peas (51) California Blend Vegetables (42) Choc Chip Cookie (150) / SF Cookie White Bread (125), Milk (130)
Sodium 1429*, Calories 760	Sodium 1029, Calories 635	Sodium 764, Calories 771	Sodium 924, Calories 511	Sodium 628, Calories 680
13 Chicken w/ Cilantro Cream (193) Rice w/ Pigeon Peas (51) Catalina Blend Vegetables (41) Oatmeal Cookie (85) / SF Cookie 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 Pulled Pork w/ Cilantro Glaze (206) Adobo Potatoes (33) Carrots (96) Tropical Fruit (5) WG Bread (125), Milk (130)	16 White Bean Chicken Chili (322) Yellow Rice & Black Beans (40) Broccoli (15) Apple (2) WG Bread (125), Milk (130)	17 Birthday Cake Pineapple Teriyaki Pulled Chicken (154), Cumin White Rice & Beans (113) California Blend Vegetables (42) Chocolate Cake (320) / SF Cookie White Bread (125), Milk (130)
Sodium 625, Calories 567	Sodium 712, Calories 902	Sodium 595, Calories 829	Sodium 633, Calories 628	Sodium 884, Calories 746
 Closed for Patriots' Day	21 Cold Plate Citrus Chicken Salad (138) White Bean Salad (306) Mediterranean Kale Salad (128) Oatmeal Cookie (85) / SF Cookie WG Bread (125), Milk (130)	22 Cultural Meal – Greek-Inspired Moussaka Lasagna (Beef & Eggplant) (158) Greek Lemon Garlic Potatoes (27) Braised Spinach (98) Clementine (1) White Bread (125), Milk (130)	23 BBQ Pulled Pork (674*) Yellow Rice (34) Broccoli (15) Peaches (0) WG Bread (125), Milk (130)	24 Chimichurri Chicken (192) Garlic Roasted Plantains (3) Brussels Sprouts (19) Choc Chip Cookie (150) / SF Cookie White Bread (125), Milk (130)
NO MEAL SERVICE	Sodium 913, Calories 758	Sodium 538, Calories 738	Sodium 977, Calories 793	Sodium 619, Calories 547
27 Turkey Bean Chili (375) Rice w/ Pigeon Peas (51) Cumin Roasted Broccoli (13) Choc Chip Cookie (150) / SF Cookie WG Bread (125), Milk (130)	28 Cilantro Lime Pulled Chicken (130) Yellow Rice & Black Beans (40) Carrots (96) Tropical Fruit (5) White Bread (125), Milk (130)	29 Creamy Sofrito Chicken (203) Garlic Roasted Plantains (3) 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 845, Calories 668	Sodium 526, Calories 640	Sodium 465, Calories 487	Sodium 977, Calories 625	