

April 2026 Latino 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

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

Herb Roasted Potatoes (30)

Peas & Carrots (80)

Orange (0)

Hot Dog Bun (270), Milk (130)

Sodium 1043, Calories 681

2 Thursday

Plantain Stuffed Chicken w/ Sofrito (388)

Yellow Rice (34)

Broccoli (15)

Oatmeal Cookie (85) / SF Cookie

White Bread (125), Milk (130)

Sodium 588, Calories 534

3 Friday

White Fish w/ Yuca Garlic Sauce (418)

Garlic Roasted Plantains (3)

Monte Carlo Blend (20)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 700, Calories 511

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/ Smoked Paprika

Cumin Sauce (638*)

Yellow Rice & Black Beans (40)

Carrots (96)

Clementine (1)

WG Bread (125), Milk (130)

Sodium 1029, Calories 635

8 Wednesday

Cold Plate

Fiesta Chicken Salad (237)

Potato Salad (132)

Coleslaw (80)

Light & Fit Yogurt (60)

White Bread (125), Milk (130)

Sodium 764, Calories 771

9 Thursday

Turkey Breast w/ Sofrito Gravy (589*)

Mashed Potatoes (76)

Green Beans (4)

Mixed Fruit (0)

WG Bread (125), Milk (130)

Sodium 924, Calories 511

10 Friday

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 628, Calories 680

13 Monday

Chicken w/ Cilantro Cream (193)

Rice w/ Pigeon Peas (51)

Catalina Blend Vegetables (41)

Oatmeal Cookie (85) / SF Cookie

WG Bread (125), Milk (130)

Sodium 625, Calories 567

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

Pulled Pork w/ Cilantro Glaze (206)

Adobo Potatoes (33)

Carrots (96)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 595, Calories 829

16 Thursday

White Bean Chicken Chili (322)

Yellow Rice & Black Beans (40)

Broccoli (15)

Apple (2)

WG Bread (125), Milk (130)

Sodium 633, Calories 628

17 Friday – 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 884, Calories 746

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

Moussaka Lasagna (Beef & Eggplant) (158)

Greek Lemon Garlic Potatoes (27)

Braised Spinach (98)

Clementine (1)

White Bread (125), Milk (130)

Sodium 538, Calories 738

23 Thursday

BBQ Pulled Pork (674*)

Yellow Rice (34)

Broccoli (15)

Peaches (0)

WG Bread (125), Milk (130)

Sodium 977, Calories 793

24 Friday

Chimichurri Chicken (192)

Garlic Roasted Plantains (3)

Brussels Sprouts (19)

Choc Chip Cookie (150) / SF Cookie

White Bread (125), Milk (130)

Sodium 619, Calories 547

27 Monday

Turkey Bean Chili (375)

Rice w/ Pigeon Peas (51)

Cumin Roasted Broccoli (13)

Choc Chip Cookie (150) / SF Cookie

WG Bread (125), Milk (130)

Sodium 845, Calories 668

28 Tuesday

Cilantro Lime Pulled Chicken (130)

Yellow Rice & Black Beans (40)

Carrots (96)

Tropical Fruit (5)

White Bread (125), Milk (130)

Sodium 526, Calories 640

29 Wednesday

Creamy Sofrito Chicken (203)

Garlic Roasted Plantains (3)

Green Beans (4)

Pineapple (0)

WG Bread (125), Milk (130)

Sodium 465, Calories 487

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.