

March 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
2 Chicken w/ Adobo Sauce (432) Stewed Beans (373) Carrots (96) Clementine (1) WG Bread (125), Milk (130)	3 Special – Taco Tuesday Beef Taco w/ Cheese (221) Yellow Rice (34) Fire Roasted Corn (2) Pineapples (0) Flour Tortillas (320), Milk (130)	4 Cold Plate Apricot Chicken Salad (246) Potato Salad (132) Coleslaw (80) Oatmeal Cookie (85) / SF Cookie WG Bread (125), Milk (130)	5 White Fish w/ Sofrito Sauce (423) Yellow Rice (34), Broccoli (15) Apple (2) White Bread (125), Milk (130)	6 Meatballs w/ Green Sofrito (627*) White Rice (4) California Blend Vegetables (42) Chocolate Pudding (110) / SF Pudding WG Bread (125), Milk (130)
Sodium 1157, Calories 547	Sodium 706, Calories 926	Sodium 798, Calories 841	Sodium 728, Calories 517	Sodium 1039, Calories 818
9 Hot Dog (448) w/ Ketchup (85) Baked Beans (288) Carrots (96) Orange (0) Hot Dog Bun (270), Milk (130)	10 Pollo Guisado (193) Cumin White Rice & Black Beans (113) Catalina Blend Vegetables (41) Oatmeal Cookie (85) / SF Cookie WG Bread (125), Milk (130)	11 Meatloaf w/ Sauce (264) Garlic Parsley Potatoes (32) Green Beans (4) Mixed Fruit (0) White Bread (125), Milk (130)	12 Pulled Cilantro Lime Chicken (240) Rice & Pigeon Peas (51), Broccoli (15) Choc Chip Cookie (150) / SF Cookie White Bread (125), Milk (130)	13 Turkey w/ Sofrito Gravy (589*) Mashed Potatoes (76) Butternut Squash (28) Clementine (1) WG Bread (125), Milk (130)
Sodium 1317* (HIGH), Calories 646	Sodium 687, Calories 622	Sodium 556, Calories 619	Sodium 711, Calories 645	Sodium 948, Calories 547
16 Special– Indian-Inspired Sweet Curry Chicken (296) Sesame Jasmine Rice (89) California Blend Vegetables (42) Mixed Fruit (0) White Bread (125), Milk (130)	17 Special – St. Patrick's Day  Corned Beef & Potato Casserole (992*) Carrots (96) Chocolate Chip Cookie (150) / SF Cookie WG Bread (125), Milk (130)	18 BBQ Pulled Pork (674*) Yellow Rice & Black Beans (40) Brussels Sprouts (19) Apple (2) White Bread (125), Milk (130)	19 Chimichurri Chicken (192) Cumin White Rice & Black Beans (113) Carrots (96) Clementine (1) WG Bread (125), Milk (130)	20 Happy First Day of Spring! Sloppy Joe (152) Potato Wedges (27) Broccoli (15) Oatmeal Cookie (85) / SF Cookie Hamburger Bun (240), Milk (130)
Sodium 683, Calories 563	Sodium 1493* (HIGH), Calories 690	Sodium 989, Calories 858	Sodium 657, Calories 507	Sodium 649, Calories 692
23 Beef Shepherd's Pie w/ Corn (259) Garlic Roasted Plantains (3) Tropical Fruit (5) White Bread (125), Milk (130)	24 Lasagna Roll w/ Garden Tomato Sauce (573*) 5 Way Vegetables x2 (55) Mixed Berry Cobbler (22) / SF Cookie WG Bread (125), Milk (130)	25 Pulled Cilantro Lime Chicken (240) Rice & Pigeon Peas (51) 3 Way Vegetables (40) Peaches (0) White Bread (125), Milk (130)	26 Meatballs w/ Cumin Paprika Sauce (638*) Yellow Rice (34), Green Peas (82) Clementine (1) WG Bread (125), Milk (130)	27 Birthday Cake Chicken w/ Mojo Sauce (148) Cumin White Rice & Black Beans (113) California Blend Vegetables (42) Chocolate Cake (320) / SF Cookie White Bread (125), Milk (130)
Sodium 522, Calories 659	Sodium 905, Calories 945	Sodium 587, Calories 613	Sodium 1009, Calories 663	Sodium 878, Calories 829
30 Turkey Salisbury Steak w/ Gravy (312) Mashed Potatoes (76) Broccoli (15) Apple (2) WG Bread (125), Milk (130)	31 Chicken w/ Cilantro Glaze (274) Rice & Pigeon Peas (51) Carrots (96), Mixed Fruit (0) White Bread (125), Milk (130)	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.
Sodium 660, Calories 660	Sodium 677, Calories 661			