



# April 2026 – Regular 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
<b>MENU KEY:</b> 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		<b>1</b> <b>Hot Dog (448) w/ Ketchup pkt (85)</b> Herb Roasted Potatoes (30) Peas & Carrots (80) Orange (0) Hot Dog Bun (270), Milk (130)  Sodium 1043, Calories 681	<b>2</b> <b>Chicken Scallopini (171)</b> White Rice Pilaf (62) Broccoli (15) Oatmeal Cookie (85) / SF Cookie White Bread (125), Milk (130)  Sodium 588, Calories 534	<b>3</b> <b>Almond White Fish w/ Garlic Sauce (419)</b> Garlic Linguini (2), Monte Carlo Blend (20) Tropical Fruit (5) WG Bread (125), Milk (130)  Sodium 701, Calories 683
<b>6 Happy Easter! HIGH SODIUM DAY</b>  <b>Sliced Ham w/ Apple Glaze (927*)</b> Garlic Parsley Potatoes (32) Broccoli (15) Apple Crisp (200) White Bread (125), Milk (130) 	<b>7</b> <b>Meatballs w/ Tuscan Sauce (663*)</b> Olive Oil Penne (11) Carrots (96) Clementine (1) WG Bread (125), Milk (130)  Sodium 1026, Calories 772	<b>8 Cold Plate</b> <b>Apricot Chicken Salad (246)</b> Potato Salad (132) Coleslaw (80) Light & Fit Yogurt (60) White Bread (125), Milk (130)  Sodium 773, Calories 801	<b>9</b> <b>Turkey Breast w/ Gravy (592*)</b> Mashed Potatoes (76) Green Beans (4) Mixed Fruit (0) WG Bread (125), Milk (130)  Sodium 927, Calories 514	<b>10</b> <b>Lasagna Roll</b> <b>Al la Vodka Sauce (619)</b> California Blend Vegetables x2 (84) Choc Chip Cookie (150) / SF Cookie White Bread (125), Milk (130)  Sodium 1109, Calories 736
<b>13</b> <b>Chicken Piccata (212)</b> Garlic Linguini (2) Catalina Blend Vegetables (41) Oatmeal Cookie (85) / SF Cookie WG Bread (125), Milk (130)  Sodium 595, Calories 499	<b>14 Special - Taco Tuesday</b> <b>Beef Taco w/ Cheese (221)</b> Yellow Rice (34) Fire Roasted Corn (2) Clementine (1) Flour Tortillas (320), Milk (130)  Sodium 712, Calories 902	<b>15</b> <b>Pulled Pork w/ Rosemary Sauce (156)</b> Mashed Potatoes (76) Carrots (96) Tropical Fruit (5) WG Bread (125), Milk (130)  Sodium 588, Calories 681	<b>16</b> <b>White Bean Chicken Chili (322)</b> White Rice (4) Broccoli (15) Apple (2) WG Bread (125), Milk (130)  Sodium 597, Calories 625	<b>17 Birthday Cake</b> <b>Pineapple Teriyaki Pulled Chicken (154)</b> , ½ Baked Sweet Potato (29) California Blend Vegetables (42) White Cake (210) / SF Cookie White Bread (125), Milk (130)  Sodium 690, Calories 799
 <b>Closed for Patriots' Day</b>	<b>21 Cold Plate</b> <b>Citrus Chicken Salad (138)</b> White Bean Salad (306) Mediterranean Kale Salad (128) Oatmeal Cookie (85) / SF Cookie WG Bread (125), Milk (130)  Sodium 913, Calories 758	<b>22 Cultural Meal – Greek-Inspired</b> <b>Moussaka Lasagna (Beef &amp; Eggplant) (158)</b> Greek Lemon Garlic Potatoes (27) Braised Spinach (98) Clementine (1) White Bread (125), Milk (130)  Sodium 538, Calories 738	<b>23</b> <b>Lasagna Roll w/ Marinara (625*)</b> Broccoli x2 (30) Peaches (0) WG Bread (125), Milk (130)  Sodium 910, Calories 684	<b>24</b> <b>Chicken Marsala (357)</b> Risotto (50) Brussels Sprouts (19) Choc Chip Cookie (150) / SF Cookie White Bread (125), Milk (130)  Sodium 831, Calories 585
<b>NO MEAL SERVICE</b>	Sodium 913, Calories 758	Sodium 538, Calories 738	Sodium 910, Calories 684	Suggested, Confidential, Voluntary  Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.
<b>27</b> <b>Turkey Bean Chili (375)</b> ½ Baked Sweet Potato (29) Cumin Roasted Broccoli (13) Choc Chip Cookie (150) / SF Cookie WG Bread (125), Milk (130)  Sodium 823, Calories 705	<b>28</b> <b>Beef Stroganoff (206)</b> Egg Noodles (17) Carrots (96) Tropical Fruit (5) White Bread (125), Milk (130)  Sodium 580, Calories 635	<b>29</b> <b>Chicken w/ Lemon Cream Sauce (190)</b> Lemon Couscous (11) Green Beans (4) Pineapple (0) WG Bread (125), Milk (130)  Sodium 460, Calories 611	<b>30</b> <b>Hot Dog (448) w/ Ketchup pkt (85)</b> Herb Roasted Potatoes (30) Broccoli (15) Apple (2) Hot Dog Bun (270), Milk (130)  Sodium 977, Calories 625	