

March 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
2 Chicken Parmesan (629*) Rigatoni w/ Red Sauce (81) 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/ Lemon Parsley Butter (483) Au Gratin Potatoes (88), Broccoli (15) Apple (2) White Bread (125), Milk (130)	6 Italian Meatballs & Penne a la Vodka Sauce (713*) California Blend Vegetables (42) Chocolate Pudding (110) / SF Pudding WG Bread (125), Milk (130)
Sodium 1062, Calories 745	Sodium 706, Calories 926	Sodium 798, Calories 841	Sodium 842, Calories 644	Sodium 1121, Calories 836
9 Hot Dog (448) w/ Ketchup (85) Baked Beans (288) Carrots (96) Orange (0) Hot Dog Bun (270), Milk (130)	10 Italian Herb Chicken w/ Garlic Sauce (282) Garlic Linguini (2) 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 Lasagna Roll w/ Marinara (625*) Broccoli x2 (30) Choc Chip Cookie (150) / SF Cookie White Bread (125), Milk (130)	13 Turkey w/ Gravy (592*) Mashed Potatoes (76) Butternut Squash (28) Clementine (1) WG Bread (125), Milk (130)
Sodium 1317* (HIGH), Calories 646	Sodium 665, Calories 542	Sodium 556, Calories 619	Sodium 1060, Calories 714	Sodium 951, Calories 551
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*) Mashed Sweet Potato (128) Brussels Sprouts (19) Apple (2) White Bread (125), Milk (130)	19 Chicken Marsala (357) Olive Oil Penne (11) 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 1077, Calories 839	Sodium 720, Calories 678	Sodium 649, Calories 692
23 Beef Shepherd’s Pie w/ Corn (259) Mashed Potatoes (76) 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 Bruschetta Chicken (344) Garlic Linguini (2) 3 Way Vegetables (40) Peaches (0) White Bread (125), Milk (130)	26 Swedish Meatballs (626*) Buttered Egg Noodles (28) Green Peas (82) Clementine (1) WG Bread (125), Milk (130)	27 Birthday Cake Chicken w/ Rosemary Sauce (224) Herb Roasted Potatoes (89) California Blend Vegetables (42) Chocolate Cake (320) / SF Cookie White Bread (125), Milk (130)
Sodium 595, Calories 676	Sodium 905, Calories 945	Sodium 641, Calories 569	Sodium 992, Calories 765	Sodium 871, Calories 719
30 Turkey Salisbury Steak w/ Gravy (312) Mashed Potatoes (76) Broccoli (15) Apple (2) WG Bread (125), Milk (130)	31 Chicken w/ Mushroom Lemon Sauce (230) Garlic Dill Potatoes (29) 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 610, Calories 521			