

April 2026 Regular Supper 7 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

Turkey Apricot Salad (464)

Macaroni Salad (169)

Coleslaw (80)

Tropical Fruit (5)

White Bread (125), Milk (130)

Sodium 973, Calories 932

2 Thursday

Tuna Pasta Salad (451)

Marinated Veg Salad (138)

Clementine (1)

WG Bread (125), Milk (130)

Sodium 845, Calories 530

3 Friday

Hot Meal

Teriyaki Chicken (164)

Jasmine White Rice (85)

Carrots (96)

Mixed Fruit (0)

White Bread (125), Milk (130)

Sodium 601, Calories 541

4 Saturday

Caprese Chicken Salad (192)

Tomato Provolone Pasta Salad (287), Broccoli Slaw (86)

SF Pudding (115)

WG Bread (125), Milk (130)

Sodium 934, Calories 749

5 Sunday

Antipasto Salad (573*)

Orzo Citrus Salad (48)

Summer Veg Salad (130)

Peaches (0)

White Bread (125), Milk (130)

Sodium 1007, Calories 649

6 Monday – High Sodium Day

Seafood Salad (641*)

Three Bean Salad (236)

Cucumber Dill Salad (82)

Orange (0)

WG Bread (125), Milk (130)

Sodium 1214*, Calories 636

7 Tuesday

Deli Turkey (280) & Swiss (50)

Summer Pasta Salad (133)

Cucumber & Tomato Salad (198)

Mixed Fruit (0)

White Bread (125), Milk (130)

Sodium 876, Calories 629

8 Wednesday

Hot Meal

Cheeseburger (221)

w. Ketchup pkt (85)

Herb Roasted Potatoes (30)

Broccoli (15), SF Cookie (75)

Hamburger Bun (240), Milk (130)

Sodium 795, Calories 764

9 Thursday

Egg Salad (320)

Macaroni Salad (169)

Coleslaw (80)

Pears (0)

White Bread (125), Milk (130)

Sodium 823, Calories 1032

10 Friday

Chicken Taco Salad (268) w/ Ranch (237)

Summer Pasta Salad (133)

Cucumber & Tomatoes (3)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 902, Calories 744

11 Saturday

Fiesta Chicken Salad (237)

Potato Salad (132)

Mediterranean Kale Salad (128)

Pineapple (0)

White Bread (125), Milk (130)

Sodium 752, Calories 803

12 Sunday

Apricot Walnut Chicken Salad (135)

Pesto Pasta Salad (184)

Coleslaw (80)

Peaches (0)

WG Bread (125), Milk (130)

Sodium 654, Calories 968

13 Monday – High Sodium Day

Hot Meal

Hot Dog (448) w/ Ketchup (85)

Baked Beans (288)

Carrots (96)

Mixed Fruit (0)

Hot Dog Bun (270), Milk (130)

Sodium 1317*, Calories 635

14 Tuesday

Spinach Feta Chicken Salad (164)

Orzo Pasta Salad (137)

Carrot Cabbage Slaw (41)

SF Cookie (75)

WG Bread (125), Milk (130)

Sodium 672, Calories 699

15 Wednesday

Egg Salad (320)

Potato Salad (132)

Monte Carlo Salad (60)

Mandarin Oranges (6)

White Bread (125), Milk (130)

Sodium 772, Calories 859

16 Thursday

Tuna Pasta Salad (451)

Cucumber Dill Salad (82)

Mixed Fruit (0)

WG Bread (125), Milk (130)

Sodium 788, Calories 569

17 Friday

Deli Turkey (280) & Swiss (50)

Macaroni Salad (169)

Roasted Cauliflower Salad (60)

Tropical Fruit (5)

White Bread (125), Milk (130)

Sodium 779, Calories 755

18 Saturday

Apple Walnut Chicken Salad (135)

Pesto Pasta Salad (184)

Carrot Raisin Salad (119)

Orange (0)

WG Bread (125), Milk (130)

Sodium 693, Calories 1041

19 Sunday

BBQ Turkey Salad (560*)

Harvest Pasta Salad (139)

Broccoli Slaw (86)

Pears (0)

White Bread (125), Milk (130)

Sodium 1040, Calories 827

20 Monday

Closed for Patriot's Day

21 Tuesday

Spaghetti & Meatballs w/ Red Sauce (576*)

Broccoli (15)

Clementine (1)

White Bread (125), Milk (130)

Sodium 846, Calories 660

22 Wednesday – Greek Inspired Cultural Meal

Apricot Chicken Salad (246)

Potato Salad (132)

Roasted Corn Salsa (2)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 641, Calories 789

23 Thursday

Egg Salad (320)

Quinoa Veg Salad (159)

Pea & Carrot Salad (82)

Mandarin Oranges (6)

White Bread (125), Milk (130)

Sodium 821, Calories 830

24 Friday

Fiesta Chicken Salad (237)

Summer Pasta Salad (133)

Tomato & Cucumber Salad (22)

Pineapples (0)

WG Bread (125), Milk (130)

Sodium 647, Calories 666

25 Saturday

Hot Meal

Cheese Manicotti (460) w/ Marinara (135)

California Blend Vegetables (42)

Pears (0)

White Bread (125), Milk (130)

Sodium 892, Calories 576

26 Sunday

BBQ Chicken Salad (334)

Macaroni Salad (169)

Roasted Asparagus Salad (53)

SF Cookie (75)

WG Bread (125), Milk (130)

Sodium 885, Calories 896

27 Monday

Caprese Chicken Salad (192)

Greek Chickpea Quinoa Salad (257)

Broccoli Slaw (86)

Pears (0)

White Bread (125), Milk (130)

Sodium 790, Calories 646

28 Tuesday

Teriyaki Turkey Salad (600*)

Sweet Potato Salad (120)

Tomato Basil Salad (198)

Mixed Fruit (0)

WG Bread (125), Milk (130)

Sodium 1173, Calories 743

29 Wednesday

Tuna Pasta Salad (451)

Mediterranean Kale Salad (128)

Apple (2)

White Bread (125), Milk (130)

Sodium 836, Calories 603

30 Thursday

Hot Meal

Chicken w/ Garlic Cream Sauce (236)

Mashed Potatoes (76)

Braised Spinach (98)

SF Cookie (75)

WG Bread (125), Milk (130)

Sodium 740, Calories 488

MENU KEY:

Please note: The Supper menu contains many cold salad meals that are eaten cold. Meals that must be heated before consuming are marked as “Hot Meal”

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

Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.