



# March 2026 - Regular Supper

For cancellations & questions about your meals, please call the Nutrition Department at (413) 538-9020 by NOON the business day before.  
**MEALS SUBJECT TO CHANGE WITHOUT NOTICE.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>2 (March 1<sup>st</sup> at bottom of menu**)</b> <b>Egg Salad (320)</b> Artichoke Couscous Salad (252) Cucumber Dill Salad (82) Mixed Fruit (0) White Bread (125), Milk (130)	<b>3</b> <b>Citrus Chicken Salad (104)</b> White Bean Salad (306) Coleslaw (80) SF Pudding (115) WG Bread (125), Milk (130)	<b>4 Hot Meal</b> <b>Meatloaf w/ Sauce (264)</b> Mashed Potatoes (76) Brussels Sprouts (19) Pineapple (0) White Bread (125), Milk (130)	<b>5</b> <b>Tuna Pasta Salad (451)</b> Broccoli Slaw (86) SF Oatmeal Cookie (80) WG Bread (125), Milk (130)	<b>6</b> <b>Apricot Chicken Salad (246)</b> Sweet Potato Salad (120) Pickled Cucumber Salad (12) Clementine (1) White Bread (125), Milk (130)	<b>7 Hot Meal</b> <b>Shepherd's Pie w/ Corn (259),</b> Garlic Dill Potatoes (29) Braised Spinach (98) Pears (0) WG Bread (125), Milk (130)	<b>8</b> <b>Fiesta Chicken Salad (237)</b> Potato Salad (132) Carrot Raisin Salad (119) Mixed Fruit (0) White Bread (125), Milk (130)
<b>Sodium 908, Calories 952</b>	<b>Sodium 859, Calories 656</b>	<b>Sodium 614, Calories 629</b>	<b>Sodium 872, Calories 574</b>	<b>Sodium 633, Calories 750</b>	<b>Sodium 919, Calories 857</b>	<b>Sodium 743, Calories 859</b>
<b>9</b> <b>Tuna Pasta Salad (451)</b> Tomato Basil Salad (198) Orange (0) WG Bread (125), Milk (130)	<b>10</b> <b>Chicken Caprese Salad (192)</b> Potato Salad (132) Fall Roasted Veg Salad (53) SF Lemon Cookie (70) White Bread (125), Milk (130)	<b>11 Hot Meal</b> <b>Chicken w/ Brocc Cheddar Sauce (288),</b> Brown Rice (44) Peas & Carrots (80) Tropical Fruit (5) WG Bread (125), Milk (130)	<b>12</b> <b>Apricot Turkey Salad (464)</b> Fall Farro Salad (166) Chopped Kale Slaw (128) Apple (2) White Bread (125), Milk (130)	<b>13 Hot Meal</b> <b>BBQ Pulled Pork (674*)</b> Garlic Parsley Potatoes (32) Broccoli & Carrots (53) SF Oatmeal Cookie (80) WG Bread (125), Milk (130)	<b>14</b> <b>Fiesta Chicken Salad (237)</b> Macaroni Salad (169) Coleslaw (80) Mixed Fruit (0) White Bread (125), Milk (130)	<b>15 High Sodium Day*</b> <b>Ham &amp; Pickle Salad (1011*)</b> Quinoa (8) Roasted Cauliflower Salad (60), Clementine (1) WG Bread (125), Milk (130)
<b>Sodium 905, Calories 526</b>	<b>Sodium 702, Calories 739</b>	<b>Sodium 672, Calories 621</b>	<b>Sodium 1016, Calories 845</b>	<b>Sodium 1093, Calories 808</b>	<b>Sodium 740, Calories 898</b>	<b>Sodium 1335* HIGH, Calories 509</b>
<b>16</b> <b>Cold Sesame Noodles w/ Pulled Chicken (377),</b> Sesame Cauliflower Red Pepper Salad (232), Peaches (0) White Bread (125), Milk (130)	<b>17 Happy St. Patrick's Day!</b> <b>Apricot Chicken Salad (246)</b> Pesto Bowtie Salad (184) Broccoli Raisin Salad (187) Pears (0) WG Bread (125), Milk (130)	<b>18 Hot Meal</b> <b>Hot Dog (448), w/ Ketchup (85)</b> Her Roasted Potatoes (30) Brussels Sprouts (19) Applesauce (10) Hot Dog Bun (270), Milk (130)	<b>19</b> <b>Egg Salad (320)</b> Macaroni Salad (169) Tomato Basil Salad (198) Mixed Fruit (0) WG Bread (125), Milk (130)	<b>20 First Day of Spring!</b> <b>BBQ Chicken Salad (334)</b> Spring Orzo Pasta Salad (134) Coleslaw (80) Clementine (1) White Bread (125), Milk (130)	<b>21 Hot Meal</b> <b>Chicken Parmesan (629*)</b> Garlic Linguini (2) Broccoli (15), Peaches (0) WG Bread (125), Milk (130)	<b>22</b> <b>Apricot Turkey Salad (464)</b> Fall Farro Salad (166) Chopped Kale Salad (128) SF Choc Chip Cookie (75) White Bread (125), Milk (130)
<b>Sodium 864, Calories 810</b>	<b>Sodium 873, Calories 925</b>	<b>Sodium 1116, Calories 743</b>	<b>Sodium 942, Calories 988</b>	<b>Sodium 803, Calories 723</b>	<b>Sodium 901, Calories 627</b>	<b>Sodium 1089, Calories 828</b>
<b>23 Hot Meal</b> <b>Cilantro Lime Chicken (310)</b> Brown Rice Pilaf (79) California Blend Vegetables (42) Orange (0) WG Bread (125), Milk (130)	<b>24</b> <b>BBQ Chicken Salad (334)</b> Potato Salad (132) Cucumber Dill Salad (82) Mixed Fruit (0) White Bread (125), Milk (130)	<b>25</b> <b>Deli Turkey (280), Swiss (50)</b> Vidalia Onion Bowtie Salad (101) Coleslaw (80) SF Oatmeal Cookie (80) WG Bread (125), Milk (130)	<b>26 Hot Meal</b> <b>Lasagna Roll w/ Marinara (625)</b> Broccoli & Carrots (53) Applesauce (10) White Bread (125), Milk (130)	<b>27</b> <b>Tuna Pasta Salad (451)</b> Marinated Veg Salad (138) SF Pudding (115) WG Bread (125), Milk (130)	<b>28</b> <b>Chicken Waldorf Salad (122)</b> Potato Salad (132) Broccoli Slaw (86) Apple (2) White Bread (125), Milk (130)	<b>29 Hot Meal</b> <b>BBQ Pulled Pork (674*)</b> Garlic Dill Potatoes (29) Ginger Glazed Carrots (75) Mixed Fruit (0) WG Bread (125), Milk (130)
<b>Sodium 686, Calories 622</b>	<b>Sodium 803, Calories 804</b>	<b>Sodium 806, Calories 795</b>	<b>Sodium 943, Calories 683</b>	<b>Sodium 960, Calories 573</b>	<b>Sodium 597, Calories 834</b>	<b>Sodium 1033, Calories 821</b>
<b>30</b> <b>Egg Salad (320)</b> Macaroni Salad (169) Roasted Cauliflower Salad (60) Clementine (1) White Bread (125), Milk (130)	<b>31</b> <b>Apricot Chicken Salad (246)</b> Couscous Salad (124) Pickled Cucumber Salad (12) Peaches (0) WG Bread (125), Milk (130)	<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		<b>**March 1<sup>st</sup> SUNDAY</b> <b>Fiesta Chicken Salad (237)</b> 3-Bean Salad (236) Curry Broccoli Salad (190), Apple (2) WG Bread (125), Milk (130)	<b>Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging &amp; Independence &amp; Administration for Community Living.</b>	
<b>Sodium 804, Calories 931</b>	<b>Sodium 637, Calories 739</b>			<b>Sodium 919, Calories 710</b>		