

## **April 2026 Renal Lunch 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**

Cheese Ravioli w/Basil Cream Sauce (337)

California Blend Vegetables x2 (84)

Peaches (0)

LS Wheat Bread (40), Cran Juice (1)

Sodium 462, Calories 665

### **2 Thursday**

Chicken Scallopini (171)

Garlic Parsley White Rice (127)

Broccoli (15)

Mixed Fruit (0)

LS Wheat Bread (40), Apple Juice (10)

Sodium 363, Calories 490

### **3 Friday**

Lemon Crumb White Fish (367)

Garlic Linguini (2)

Monte Carlo Vegetables (20)

Tropical Fruit (5)

LS Wheat Bread (40), Cran Juice (1)

Sodium 435, Calories 481

#### **4 Saturday**

##### **Frozen Meal**

Hamburger w/ Potato

Peaches

LS Wheat Bread (40), Apple Juice (10)

#### **5 Sunday**

##### **Frozen Meal**

Meatballs & Pasta

Mixed Fruit

LS Wheat Bread (40), Cran Juice (1)

#### **6 Monday – Happy Easter!**

Chicken w/ Broccoli Cheddar Sauce (288)

Italian Herb White Rice (55)

Broccoli (15)

Peaches (0)

LS Wheat Bread (40), Apple Juice (10)

Sodium 407, Calories 550

#### **7 Tuesday**

LS Homemade Beef Meatballs (79) w/ LS Alfredo Sauce (89)

Olive Oil Penne (11)

Carrots (96), Clementine (1)

LS Wheat Bread (40), Cran Juice (1)

Sodium 317, Calories 809

### **8 Wednesday**

Chilled Pesto Chicken (195)

Quinoa Veggie Salad (159)

Coleslaw (80)

Pears (0)

LS Wheat Bread (40), Apple Juice (10)

Sodium 483, Calories 681

### **9 Thursday**

Turkey Loaf w/ Gravy (330)

Risotto (50)

Green Beans (4)

Mixed Fruit (0)

LS Wheat Bread (40), Cran Juice (1)

Sodium 425, Calories 647

### **10 Friday**

Cheese Ravioli w/Basil Cream Sauce (337)

California Blend Vegetables x2 (84)

Pears (0)

LS Wheat Bread (40), Apple Juice (10)

Sodium 471, Calories 645

## **11 Saturday**

### **Frozen Meal**

Meatballs in Orange Sauce

White Rice

Veggie

Tropical Fruit

LS Wheat Bread (40), Cran Juice (1)

## **12 Sunday**

### **Frozen Meal**

Egg Patty w/ Potato

Pears

LS Wheat Bread (40), Apple Juice (10)

## **13 Monday**

Chicken Piccata (212)

Garlic Linguini (2)

Catalina Blend Vegetables (41)

Oatmeal Cookie (85) / SF Cookie

LS Wheat Bread (40), Cran Juice (1)

Sodium 381, Calories 529

## **14 Tuesday – Taco Tuesday**

Chicken Taco w/ 1 Tbsp Cheese (242)

Yellow Rice (34)

Fire Roasted Corn (2)

Mandarin Oranges (6)

One Flour Tortilla (160), Apple Juice (10)

Sodium 453, Calories 560

### **15 Wednesday**

Pulled Pork w/ Rosemary Sauce (156)

Garlic Parsley White Rice (127)

Carrots (96)

Tropical Fruit (5)

LS Wheat Bread (40), Cran Juice (1)

Sodium 425, Calories 709

### **16 Thursday**

Cheese Ravioli w/Basil Cream Sauce (337)

Broccoli x2 (30)

Apple (2)

LS Wheat Bread (40), Apple Juice (10)

Sodium 418, Calories 658

### **17 Friday**

Pulled Cilantro Lime Chicken (240)

Yellow Rice (34)

California Blend Vegetables (42)

Peaches (0)

LS Wheat Bread (40), Cran Juice (1)

Sodium 357, Calories 625

## **18 Saturday**

### **Frozen Meal**

Thai Ginger Curry Chicken w/ Veggies

Applesauce

LS Wheat Bread (40), Apple Juice (10)

## **19 Sunday**

### **Frozen Meal**

Hamburger w/ Potato

Pears

LS Wheat Bread (40), Cran Juice (1)

## **20 Monday**

**Closed for Patriot's Day**

## **21 Tuesday**

Chilled Pesto Chicken (195)

Vidalia Onion Orzo Salad (95)

Broccoli Slaw (86)

Peaches (0)

LS Wheat Bread (40), Cran Juice (1)

Sodium 417, Calories 755

### **22 Wednesday – Greek Inspired Cultural Meal**

Chicken w/ Lemon Cream Sauce (190)

Garlic Parsley White Rice (127)

Monte Carlo Blend Vegetable (20)

Clementine (1)

LS Wheat Bread (40), Apple Juice (10)

Sodium 343, Calories 662

### **23 Thursday**

Cheese Ravioli w/Basil Cream Sauce (337)

Broccoli x2 (30)

Peaches (0)

LS Wheat Bread (40), Cran Juice (1)

Sodium 408, Calories 652

### **24 Friday**

Chicken Marsala (357)

Risotto (50)

Brussels Sprouts (19)

Applesauce (10)

LS Wheat Bread (40), Apple Juice (10)

Sodium 486, Calories 595

## **25 Saturday**

### **Frozen Meal**

Omelet

Sausage

Potato

Mixed Fruit

LS Wheat Bread (40), Cran Juice (1)

## **26 Sunday**

### **Frozen Meal**

Meatballs in Orange Sauce

White Rice

Veggie

SF Cookie,

LS Wheat Bread (40), Apple Juice (10)

## **27 Monday**

Turkey Bean Chili (375)

Paprika White Rice (21)

Cumin Roasted Broccoli (13)

Mixed Fruit (0)

LS Wheat Bread (40), Cran Juice (1)

Sodium 451, Calories 618

## **28 Tuesday**

Beef Stroganoff (206)

Egg Noodles (17)

Carrots (96)

Tropical Fruit (5)

LS Wheat Bread (40), Apple Juice (10)

Sodium 375, Calories 645

### **29 Wednesday**

Teriyaki Chicken (164)

White Rice (4)

Green Beans (4)

Pineapples (0)

LS Wheat Bread (40), Cran Juice (1)

Sodium 213, Calories 547

### **30 Thursday**

Cheese Ravioli w/Basil Cream Sauce (337)

Catalina Blend Vegetables x2 (82)

Apple (2)

LS Wheat Bread (40), Apple Juice (10)

Sodium 471, Calories 683

### **MENU KEY:**

The renal menu is designed for those with kidney disease. The meals are low in Sodium, Potassium, and Phosphorous. Each meal contains no more than 560mg of sodium, 800mg of potassium, and 350mg of phosphorous. Due to dietary restrictions juice is provided instead of milk. The number in parenthesis next to item is the sodium content in milligrams (mg)

LS = Low Sodium; SF = Sugar Free

x2 = Double portion of vegetables

Note: Weekend renal lunch is a frozen meal.

If you have any questions about the renal diet, please call the dietitian at (413) 538-9020 ext. 680.

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