




April 2026 – Renal Lunch

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
MENU DESCRIPTION & 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.		1 Cheese Ravioli w/ Basil Cream Sauce (337) California Blend Vegetables x2 (84) Peaches (0) LS Wheat Bread (40), Cran Juice (1)	2 Chicken Scallopini (171) Garlic Parsley White Rice (127) Broccoli (15) Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)	3 Lemon Crumb White Fish (367) Garlic Linguini (2) Monte Carlo Vegetables (20) Tropical Fruit (5) LS Wheat Bread (40), Cran Juice (1)	4 FROZEN LUNCH Hamburger w/ Potato, Peaches, LS Wheat Bread (40) Apple Juice (10)	5 FROZEN LUNCH Meatballs & Pasta, Mixed Fruit, LS Wheat Bread (40) Cran Juice (1)
		Sodium 462, Calories 665	Sodium 363, Calories 490	Sodium 435, Calories 481		
6 Happy Easter!  Chicken w/ Broccoli Cheddar Sauce (288) Italian Herb White Rice (55) Broccoli (15), Peaches (0) LS Wheat Bread (40), Apple Juice (10)	7 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)	8 Chilled Pesto Chicken (195) Quinoa Veggie Salad (159) Coleslaw (80) Pears (0) LS Wheat Bread (40), Apple Juice (10)	9 Turkey Loaf w/ Gravy (330) Risotto (50) Green Beans (4) Mixed Fruit (0) LS Wheat Bread (40), Cran Juice (1)	10 Cheese Ravioli w/ Basil Cream Sauce (337) California Blend Vegetables x2 (84) Pears (0) LS Wheat Bread (40), Apple Juice (10)	11 FROZEN LUNCH Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit, LS Wheat Bread (40), Cran Juice (1)	12 FROZEN LUNCH Egg Patty w/ Potato, Pears, LS Wheat Bread (40), Apple Juice (10)
Sodium 407, Calories 550	Sodium 317, Calories 809	Sodium 483, Calories 681	Sodium 425, Calories 647	Sodium 471, Calories 645		
13 Chicken Piccata (212) Garlic Linguini (2) Catalina Blend Vegetables (41) Oatmeal Cookie (85) / SF Cookie LS Wheat Bread (40), Cran Juice (1)	14 Special – 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)	15 Pulled Pork w/ Rosemary Sauce (156), Garlic Parsley White Rice (127) Carrots (96) Tropical Fruit (5) LS Wheat Bread (40), Cran Juice (1)	16 Cheese Ravioli w/ Basil Cream Sauce (337) Broccoli x2 (30) Apple (2) LS Wheat Bread (40), Apple Juice (10)	17 Pulled Cilantro Lime Chicken (240) Yellow Rice (34) California Blend Vegetables (42) Peaches (0) LS Wheat Bread (40), Cran Juice (1)	18 FROZEN LUNCH Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread (40), Apple Juice (10)	19 FROZEN LUNCH Hamburger w/ Potato, Pears, LS Wheat Bread (40), Cran Juice (1)
Sodium 381, Calories 529	Sodium 453, Calories 560	Sodium 425, Calories 709	Sodium 418, Calories 658	Sodium 357, Calories 625		
 Closed for Patriots' Day	21 Chilled Pesto Chicken (195) Vidalia Onion Orzo Salad (95) Broccoli Slaw (86) Peaches (0) LS Wheat Bread (40), Cran Juice (1)	22 Cultural Meal – Greek-Inspired 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)	23 Cheese Ravioli w/ Basil Cream Sauce (337) Broccoli x2 (30) Peaches (0) LS Wheat Bread (40), Cran Juice (1)	24 Chicken Marsala (357) Risotto (50) Brussels Sprouts (19) Applesauce (10) LS Wheat Bread (40), Apple Juice (10)	25 FROZEN LUNCH Omelet, Sausage, Potato, Mixed Fruit, LS Wheat Bread (40), Cran Juice (1)	26 FROZEN LUNCH Meatballs in Orange Sauce, White Rice, Veggie, SF Cookie, LS Wheat Bread (40), Apple Juice (10)
NO MEAL SERVICE	Sodium 417, Calories 755	Sodium 343, Calories 662	Sodium 408, Calories 652	Sodium 486, Calories 595		
27 Turkey Bean Chili (375) Paprika White Rice (21) Cumin Roasted Broccoli (13) Mixed Fruit (0) LS Wheat Bread (40), Cran Juice (1)	28 Beef Stroganoff (206) Egg Noodles (17) Carrots (96) Tropical Fruit (5) LS Wheat Bread (40), Apple Juice (10)	29 Teriyaki Chicken (164) White Rice (4) Green Beans (4) Pineapples (0) LS Wheat Bread (40), Cran Juice (1)	30 Cheese Ravioli w/ Basil Cream Sauce (337) Catalina Blend Vegetables x2 (82) Apple (2) LS Wheat Bread (40), Apple Juice (10)	 <p>Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.</p>		
Sodium 451, Calories 618	Sodium 375, Calories 645	Sodium 213, Calories 547	Sodium 471, Calories 683			