




# March 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
<b>2 (March 1<sup>st</sup> at bottom of menu**)</b>  <b>Chicken w/ Garlic Cream Sauce (236)</b> Italian Herb Rigatoni (1) Carrots (96), Clementine (1) LS Wheat Bread (40), Cran Juice (1)	<b>3 Special – Taco Tuesday</b>  <b>Chicken Taco w/ Cheese (287)</b> Yellow Rice (34) Fire Roasted Corn (2) Pineapples (0) One Flour Tortilla (160), Apple Juice (10)	<b>4</b>  <b>Chilled Pesto Chicken (195)</b> Pesto Bowtie Pasta Salad (184) Coleslaw (80) Peaches (0) LS Wheat Bread (40), Cran Juice (1)	<b>5</b>  <b>Lemon Seasoned White Fish (282),</b> White Rice (4) Broccoli (15) Apple (2) LS Wheat Bread (40), Apple Juice (10)	<b>6</b>  <b>LS Homemade Meatballs &amp; Penne w/ LS Alfredo Sauce (179)</b> Green Beans (4) Mixed Fruit (0) LS Wheat Bread (40), Cran Juice (1)	<b>7 FROZEN MEAL</b>  Hamburger w/ Potato, Peaches, LS Wheat Bread (40) Apple Juice (10)	<b>8 FROZEN MEAL</b>  Meatballs & Pasta, Mixed Fruit, LS Wheat Bread (40) Cran Juice (1)
Sodium 376, Calories 639	Sodium 492, Calories 610	Sodium 500, Calories 820	Sodium 350, Calories 419	Sodium 225, Calories 835		
<b>9</b>  <b>Chicken w/ Honey Ginger Glaze (138)</b> White Rice Pilaf (62) Broccoli (15), Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)	<b>10</b>  <b>Italian Herb Chicken w/ Garlic Sauce (282),</b> Garlic Linguini (2), Catalina Blend Vegetables (41), Peaches (0) LS Wheat Bread (40), Cran Juice (1)	<b>11</b>  <b>Meatloaf w/ Sauce (264)</b> Risotto (50) Green Beans (4), Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)	<b>12</b>  <b>Cheese Ravioli w/ Garlic Sauce (379)</b> Broccoli x2 (30) Mandarin Oranges (6) LS Wheat Bread (40), Cran Juice (1)	<b>13</b>  <b>Turkey Loaf w/ Gravy (330)</b> Brown Rice (44), Butternut Squash (28), Clementine (1) LS Wheat Bread (40), Apple Juice (10)	<b>14 FROZEN MEAL</b>  Meatballs in Orange Sauce, White Rice, Veggie, Tropical Fruit, LS Wheat Bread (40), Cran Juice (1)	<b>15 FROZEN MEAL</b>  Egg Patty w/ Potato, Pears, LS Wheat Bread (40), Apple Juice (10)
Sodium 264, Calories 609	Sodium 366, Calories 542	Sodium 369, Calories 582	Sodium 455, Calories 640	Sodium 452, Calories 721		
<b>16 Special – Indian-Inspired</b>  <b>Sweet Curry Chicken (296)</b> Sesame Jasmine Rice (89) California Blend Vegetables (42) Mixed Fruit (0) LS Wheat Bread (40), Cran Juice (1)	<b>17 Special - St. Patrick's Day </b>  <b>Irish Beef Stew (244)</b> Buttered Egg Noodles (28) Carrots (96) Oatmeal Cookie (85) / SF Cookie LS Wheat Bread (40), Apple Juice (10)	<b>18</b>  <b>Pulled Cilantro Lime Chicken (240)</b> White Rice Pilaf (62) Brussels Sprouts (19), Apple (2) LS Wheat Bread (40), Cran Juice (1)	<b>19</b>  <b>Balsamic Glazed Chicken (181)</b> Risotto (50) Green Beans (4) Clementine (1) LS Wheat Bread (40), Apple Juice (10)	<b>20 First Day of Spring!</b>  <b>Sloppy Joe (152)</b> White Rice (4) Broccoli (15) Oatmeal Cookie (85) / SF Cookie LS Wheat Bread (40), Cran Juice (1)	<b>21 FROZEN MEAL</b>  Thai Ginger Curry Chicken w/ Veggies, Applesauce, LS Wheat Bread (40), Apple Juice (10)	<b>22 FROZEN MEAL</b>  Hamburger w/ Potato, Pears, LS Wheat Bread (40), Cran Juice (1)
Sodium 469, Calories 593	Sodium 483, Calories 865	Sodium 363, Calories 690	Sodium 287, Calories 510	Sodium 296, Calories 648		
<b>23</b>  <b>Shepherd's Pie w/ Corn (259)</b> White Rice Pilaf (62) Tropical Fruit (5) LS Wheat Bread (40), Apple Juice (10)	<b>24</b>  <b>Cheese Ravioli w/ LS Alfredo Sauce (367)</b> 5 Way Vegetables x2 (55) Pears (0) LS Wheat Bread (40), Cran Juice (1)	<b>25</b>  <b>Chicken w/ Broccoli Cheddar Sauce (288)</b> Garlic Linguini (2) 3 Way Vegetables (40), Peaches (0) LS Wheat Bread (40), Apple Juice (10)	<b>26</b>  <b>LS Homemade Swedish Meatballs (153)</b> Buttered Egg Noodles (28) Green Peas (82), Clementine (1) LS Wheat Bread (40), Cran Juice (1)	<b>27</b>  <b>Chicken w/ Rosemary Sauce (224)</b> Risotto (50) California Blend Vegetables (42) Oatmeal Cookie (85) / SF Cookie LS Wheat Bread (40), Apple Juice (10)	<b>28 FROZEN MEAL</b>  Omelet, Sausage, Potato, Mixed Fruit, LS Wheat Bread (40), Cran Juice (1)	<b>29 FROZEN MEAL</b>  Meatballs in Orange Sauce, White Rice, Veggie, SF Cookie, LS Wheat Bread (40), Apple Juice (10)
Sodium 375, Calories 707	Sodium 462, Calories 796	Sodium 380, Calories 521	Sodium 305, Calories 790	Sodium 401, Calories 399		
<b>30</b>  <b>Turkey Salisbury Steak w/ Gravy (312)</b> Buttered Macaroni (14) Broccoli (15) Apple (2) LS Wheat Bread (40) Cran Juice (1)	<b>31</b>  <b>Chicken w/ Mushroom Lemon Sauce (230)</b> Garlic Linguini (2) Carrots (96), Mixed Fruit (0) LS Wheat Bread (40), Apple Juice (10)	<b>MENU KEY:</b> Renal lunch meals are low in Sodium, Potassium, and Phosphorous. Each meal contains no more than 560mg of sodium, 800mg of potassium, and 350mg of phosphorous. Number in parenthesis next to item is the sodium content in milligrams (mg) LS = Low Sodium; SF = Sugar Free x2 = Double portion of vegetables		<b>**March 1<sup>st</sup> SUNDAY FROZEN MEAL</b>  Meatballs in Orange Sauce, White Rice, Veggie, SF Cookie, LS Wheat Bread (40), Apple Juice (10)	Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	
Sodium 383, Calories 767	Sodium 378, Calories 491					