




# April 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>MENU KEY:</b> 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		<b>1</b> <b>Turkey Apricot Salad (464)</b> Macaroni Salad (169) Coleslaw (80) Tropical Fruit (5) White Bread (125), Milk (130) <b>Sodium 973, Calories 932</b>	<b>2</b> <b>Tuna Pasta Salad (451)</b> Marinated Veg Salad (138) Clementine (1) WG Bread (125), Milk (130) <b>Sodium 845, Calories 530</b>	<b>3 Hot Meal</b> <b>Teriyaki Chicken (164)</b> Jasmine White Rice (85) Carrots (96) Mixed Fruit (0) White Bread (125), Milk (130) <b>Sodium 601, Calories 541</b>	<b>4</b> <b>Caprese Chicken Salad (192)</b> <b>Tomato Provolone Pasta Salad (287)</b> , Broccoli Slaw (86) SF Pudding (115) WG Bread (125), Milk (130) <b>Sodium 934, Calories 749</b>	<b>5</b> <b>Antipasto Salad (573*)</b> Orzo Citrus Salad (48) Summer Veg Salad (130) Peaches (0) White Bread (125), Milk (130) <b>Sodium 1007, Calories 649</b>	
<b>6 HIGH SODIUM DAY</b> <b>Seafood Salad (641*)</b> Three Bean Salad (236) Cucumber Dill Salad (82) Orange (0) WG Bread (125), Milk (130) <b>Sodium 1214*, Calories 636</b>	<b>7</b> <b>Deli Turkey (280) &amp; Swiss (50)</b> , Summer Pasta Salad (133), Cucumber & Tomato Salad (198), Mixed Fruit (0) White Bread (125), Milk (130) <b>Sodium 876, Calories 629</b>	<b>8 Hot Meal</b> <b>Cheeseburger (221)</b> <b>w. Ketchup pkt (85)</b> Herb Roasted Potatoes (30) Broccoli (15), SF Cookie (75) Hamburger Bun (240), Milk (130) <b>Sodium 795, Calories 764</b>	<b>9</b> <b>Egg Salad (320)</b> Macaroni Salad (169) Coleslaw (80) Pears (0) White Bread (125), Milk (130) <b>Sodium 823, Calories 1032</b>	<b>10</b> <b>Chicken Taco Salad (268) w/ Ranch (237)</b> , Summer Pasta Salad (133), Cucumber & Tomatoes (3) Tropical Fruit (5) WG Bread (125), Milk (130) <b>Sodium 902, Calories 744</b>	<b>11</b> <b>Fiesta Chicken Salad (237)</b> Potato Salad (132) Mediterranean Kale Salad (128) Pineapple (0) White Bread (125), Milk (130) <b>Sodium 752, Calories 803</b>	<b>12</b> <b>Apricot Walnut Chicken Salad (135)</b> Pesto Pasta Salad (184) Coleslaw (80) Peaches (0) WG Bread (125), Milk (130) <b>Sodium 654, Calories 968</b>	
<b>13 Hot Meal, HIGH SODIUM DAY</b> <b>Hot Dog (448) w/ Ketchup (85)</b> Baked Beans (288) Carrots (96) Mixed Fruit (0) Hot Dog Bun (270), Milk (130) <b>Sodium 1317*, Calories 635</b>	<b>14</b> <b>Spinach Feta Chicken Salad (164)</b> , Orzo Pasta Salad (137) Carrot Cabbage Slaw (41) SF Cookie (75) WG Bread (125), Milk (130) <b>Sodium 672, Calories 699</b>	<b>15</b> <b>Egg Salad (320)</b> Potato Salad (132) Monte Carlo Salad (60) Mandarin Oranges (6) White Bread (125), Milk (130) <b>Sodium 772, Calories 859</b>	<b>16</b> <b>Tuna Pasta Salad (451)</b> Cucumber Dill Salad (82) Mixed Fruit (0) WG Bread (125), Milk (130) <b>Sodium 788, Calories 569</b>	<b>17</b> <b>Deli Turkey (280) &amp; Swiss (50)</b> Macaroni Salad (169) Roasted Cauliflower Salad (60) Tropical Fruit (5) White Bread (125), Milk (130) <b>Sodium 779, Calories 755</b>	<b>18</b> <b>Apple Walnut Chicken Salad (135)</b> Pesto Pasta Salad (184) Carrot Raisin Salad (119) Orange (0) WG Bread (125), Milk (130) <b>Sodium 693, Calories 1041</b>	<b>19</b> <b>BBQ Turkey Salad (560*)</b> Harvest Pasta Salad (139) Broccoli Slaw (86) Pears (0) White Bread (125), Milk (130) <b>Sodium 1040, Calories 827</b>	
 <b>20</b> <b>Closed for Patriots' Day</b>	<b>21 Hot Meal</b> <b>Spaghetti &amp; Meatballs w/ Red Sauce (576*)</b> Broccoli (15) Clementine (1) White Bread (125), Milk (130) <b>Sodium 846, Calories 660</b>	<b>22</b> <b>Apricot Chicken Salad (246)</b> Potato Salad (132) Roasted Corn Salsa (2) Tropical Fruit (5) WG Bread (125), Milk (130) <b>Sodium 641, Calories 789</b>	<b>23</b> <b>Egg Salad (320)</b> Quinoa Veg Salad (159) Pea & Carrot Salad (82) Mandarin Oranges (6) White Bread (125), Milk (130) <b>Sodium 821, Calories 830</b>	<b>24</b> <b>Fiesta Chicken Salad (237)</b> Summer Pasta Salad (133) Tomato & Cucumber Salad (22) Pineapples (0) WG Bread (125), Milk (130) <b>Sodium 647, Calories 666</b>	<b>25 Hot Meal</b> <b>Cheese Manicotti (460) w/ Marinara (135)</b> California Blend Vegetables (42) Pears (0) White Bread (125), Milk (130) <b>Sodium 892, Calories 576</b>	<b>26</b> <b>BBQ Chicken Salad (334)</b> Macaroni Salad (169) Roasted Asparagus Salad (53) SF Cookie (75) WG Bread (125), Milk (130) <b>Sodium 885, Calories 896</b>	
<b>NO MEAL SERVICE</b>	<b>Sodium 846, Calories 660</b>	<b>Sodium 641, Calories 789</b>	<b>Sodium 821, Calories 830</b>	<b>Sodium 647, Calories 666</b>	<b>Sodium 892, Calories 576</b>	<b>Sodium 885, Calories 896</b>	
<b>27</b> <b>Caprese Chicken Salad (192)</b> Greek Chickpea Quinoa Salad (257), Broccoli Slaw (86) Pears (0) White Bread (125), Milk (130) <b>Sodium 790, Calories 646</b>	<b>28</b> <b>Teriyaki Turkey Salad (600*)</b> Sweet Potato Salad (120) Tomato Basil Salad (198) Mixed Fruit (0) WG Bread (125), Milk (130) <b>Sodium 1173, Calories 743</b>	<b>29</b> <b>Tuna Pasta Salad (451)</b> Mediterranean Kale Salad (128) Apple (2) White Bread (125), Milk (130) <b>Sodium 836, Calories 603</b>	<b>30 Hot Meal</b> <b>Chicken w/ Garlic Cream Sauce (236)</b> , Mashed Potatoes (76), Braised Spinach (98) SF Cookie (75) WG Bread (125), Milk (130) <b>Sodium 740, Calories 488</b>			Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	