

April 2026 Vegetarian 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

Veggie Burger w/ Swiss (375)

w/ Ketchup pkt (85)

Herb Roasted Potatoes (30)

Peas & Carrots (80), Orange (0)

Hamburger Bun (240), Milk (130)

Sodium 940, Calories 792

2 Thursday

Tofu Scallopini (44)

White Rice Pilaf (62)

Broccoli (15)

Oatmeal Cookie (85) / SF Cookie

White Bread (125), Milk (130)

Sodium 461, Calories 621

3 Friday

Lasagna Roll w/ Garden Tomato Sauce (573*)

Monte Carlo Blend x2 (39)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 872, Calories 757

4 Saturday

Frozen Meal

Garden Scrambled Eggs

Mixed Fruit

White Bread, Milk

5 Sunday

Frozen Meal

Three Cheese Macaroni w/ Veggies

Carrots

SF Cookie

WG Bread, Milk

6 Monday – Happy Easter!

Vegetarian Chik'n w/ Gravy (520*)

Garlic Parsley Potatoes (32)

Broccoli (15)

Apple Crisp (200)

White Bread (125), Milk (130)

Sodium 1026, Calories 860

7 Tuesday

Vegetarian Meatballs w/ Tuscan Sauce (273)

Olive Oil Penne (11)

Carrots (96)

Clementine (1)

WG Bread (125), Milk (130)

Sodium 637, Calories 735

8 Wednesday

Egg Salad (320)

Potato Salad (132)

Coleslaw (80)

Light & Fit Yogurt (60)

White Bread (125), Milk (130)

Sodium 847, Calories 905

9 Thursday

Broccoli Cheddar Quiche (194)

Herb Roasted Potatoes (30)

Green Beans (4)

Mixed Fruit (0)

WG Bread (125), Milk (130)

Sodium 483, Calories 603

10 Friday

Lasagna Roll A la Vodka Sauce (619*)

California Blend Vegetables x2 (84)

Choc Chip Cookie (150) / SF Cookie

White Bread (125), Milk (130)

Sodium 1109, Calories 736

11 Saturday

Frozen Meal

Manicotti Alfredo

Corn

Carrots

Tropical Fruit

WG Bread, Milk

12 Sunday

Frozen Meal

Twisted Mac & Cheese w/ Veggie

Pears

White Bread, Milk

13 Monday

Vegetarian Chik'n Piccata (507*)

Garlic Linguini (2)

Catalina Blend Vegetables (41)

Oatmeal Cookie (85) / SF Cookie

WG Bread (125), Milk (130)

Sodium 890, Calories 599

14 Tuesday – Taco Tuesday

Lentil Taco w/ Cheese (259)

Yellow Rice (50)

Fire Roasted Corn (2)

Clementine (1)

Flour Tortillas (320), Milk (130)

Sodium 750, Calories 962

15 Wednesday

Honey Ginger Glazed Tofu (11)

Mashed Potatoes (76)

Carrots (96)

Tropical Fruit (5)

WG Bread (125), Milk (130)

Sodium 443, Calories 691

16 Thursday

Vegetarian 3-Bean Stew (436)

White Rice (4)

Broccoli (15)

Apple (2)

WG Bread (125), Milk (130)

Sodium 712, Calories 770

17 Friday - Birthday Cake, HIGH SODIUM DAY

BBQ Vegetarian Chik'n (729*)

½ Baked Sweet Potato (29)

California Blend Vegetables (42)

White Cake (210) / SF Cookie

White Bread (125), Milk (130)

Sodium 1268*, Calories 845

18 Saturday

Frozen Meal

Twisted Mac & Cheese w/ Veggies

Applesauce

White Bread, Milk

19 Sunday

Frozen Meal

Manicotti Alfredo

Corn

Carrots

Tropical Fruit

WG Bread, Milk

20 Monday

Closed for Patriot's Day

21 Tuesday

Egg Salad (320)

White Bean Salad (306)

Mediterranean Kale Salad (128)

Oatmeal Cookie (85) / SF Cookie

WG Bread (125), Milk (130)

Sodium 1094, Calories 868

22 Wednesday – Greek Inspired Cultural Meal

Eggplant w/ Plant-Based Meat Sauce (517*)

Greek Lemon Garlic Potatoes (27)

Garlic Spinach (98)

Clementine (1)

White Bread (125), Milk (130)

Sodium 864, Calories 651

23 Thursday

Lasagna Roll w/ Marinara (625*)

Broccoli x2 (30)

Peaches (0)

WG Bread (125), Milk (130)

Sodium 910, Calories 684

24 Friday

Teriyaki Tofu (36)

Yellow Rice (50)

Brussels Sprouts (19)

Choc Chip Cookie (150) / SF Cookie

White Bread (125), Milk (130)

Sodium 943, Calories 741

25 Saturday

Frozen Meal

Garden Scrambled Eggs

Mixed Fruit

WG Bread, Milk

26 Sunday

Frozen Meal

Three Cheese Macaroni w/ Veggies

Carrots

SF Cookie

White Bread, Milk

27 Monday

Tofu Bean Chili (282)

½ Baked Sweet Potato (29)

Cumin Roasted Broccoli (13)

Choc Chip Cookie (150) / SF Cookie

WG Bread (125), Milk (130)

Sodium 730, Calories 664

28 Tuesday

Chimichurri Lentils (178)

Yellow Rice (50)

Carrots (96)

Tropical Fruit (5)

White Bread (125), Milk (130)

Sodium 584, Calories 753

29 Wednesday

Tofu w/ Lemon Cream Sauce (63)

Lemon Couscous (11)

Green Beans (4)

Pineapple (0)

WG Bread (125), Milk (130)

Sodium 333, Calories 698

30 Thursday

Veggie Burger w/ Swiss (375)

w/ Ketchup pkt (85)

Herb Roasted Potatoes (30)

Broccoli (15), Apple (2)

Hamburger Bun (240), Milk (130)

Sodium 876, Calories 752

MENU KEY:

Vegetarian meals follow a lacto-ovo vegetarian diet which includes dairy and eggs but does not include meat, poultry, or fish. High Sodium Item (>500mg) are marked with asterisk*. High Sodium Days are >1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg). SF = Sugar Free WG = Whole Grain.

x2 = Double portion of vegetables.

Note: Weekend vegetarian lunch is a frozen meal.

If you have any questions about the vegetarian 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.