




April 2026 – Vegetarian 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: 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.			1 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 Tofu Scallopini (44) White Rice Pilaf (62) Broccoli (15) Oatmeal Cookie (85) / SF Cookie White Bread (125), Milk (130) Sodium 461, Calories 621	3 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 FROZEN LUNCH Garden Scrambled Eggs, Mixed Fruit, White Bread, Milk	5 FROZEN LUNCH Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, WG Bread, Milk
6 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 Vegetarian Meatballs w/ Tuscan Sauce (273) Olive Oil Penne (11) Carrots (96), Clementine (1) WG Bread (125), Milk (130) Sodium 637, Calories 735	8 Cold Plate Egg Salad (320) Potato Salad (132) Coleslaw (80) Light & Fit Yogurt (60) White Bread (125), Milk (130) Sodium 847, Calories 905	9 Broccoli Cheddar Quiche (194) Herb Roasted Potatoes (30) Green Beans (4) Mixed Fruit (0) WG Bread (125), Milk (130) Sodium 483, Calories 603	10 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 FROZEN LUNCH Manicotti Alfredo, Corn, Carrots Tropical Fruit, WG Bread, Milk	12 FROZEN LUNCH Twisted Mac & Cheese w/ Veggie, Pears, White Bread, Milk	
13 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 Special - 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 Honey Ginger Glazed Tofu (11) Mashed Potatoes (76) Carrots (96) Tropical Fruit (5) WG Bread (125), Milk (130) Sodium 443, Calories 691	16 Vegetarian 3-Bean Stew (436) White Rice (4) Broccoli (15) Apple (2) WG Bread (125), Milk (130) Sodium 712, Calories 770	17 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 FROZEN LUNCH Twisted Mac & Cheese w/ Veggies, Applesauce, White Bread, Milk	19 FROZEN LUNCH Manicotti Alfredo, Corn, Carrots Tropical Fruit, WG Bread, Milk	
 Closed for Patriots' Day No Meal Service	21 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 Cultural Meal – Greek-Inspired 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 Lasagna Roll w/ Marinara (625*) Broccoli x2 (30) Peaches (0) WG Bread (125), Milk (130) Sodium 910, Calories 684	24 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 FROZEN LUNCH Garden Scrambled Eggs, Mixed Fruit, WG Bread, Milk	26 FROZEN LUNCH Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, White Bread, Milk	
27 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 Chimichurri Lentils (178) Yellow Rice (50) Carrots (96) Tropical Fruit (5) White Bread (125), Milk (130) Sodium 584, Calories 753	29 Tofu w/ Lemon Cream Sauce (63) Lemon Couscous (11) Green Beans (4) Pineapple (0) WG Bread (125), Milk (130) Sodium 333, Calories 698	30 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		Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.		