




March 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
2 (March 1st at bottom of menu**) Vegetarian Chik'n Parm (659*) Rigatoni w/ Red Sauce (81) Carrots (96) Clementine (1) WG Bread (125), Milk (130)	3 Lentil Taco w/ Cheese (259) Vegetarian Yellow Rice (50) Fire Roasted Corn (2) Pineapples (0) Flour Tortillas (320), Milk (130)	4 Egg Salad (320) Potato Salad (132) Coleslaw (80) Oatmeal Cookie (85) / SF Cookie WG Bread (125), Milk (130)	5 Broccoli Cheddar Quiche (194) Herb Roasted Potatoes (30) Broccoli (15) Apple (2) White Bread (125), Milk (130)	6 Cheese Ravioli a la Vodka Sauce (422) , California Blend Vegetables x2 (84), Chocolate Pudding (110) / SF Pudding WG Bread (125), Milk (130)	7 FROZEN MEAL Garden Scrambled Eggs, Mixed Fruit, White Bread, Milk	8 FROZEN MEAL Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, WG Bread, Milk
Sodium 1092, Calories 757	Sodium 761, Calories 982	Sodium 871, Calories 945	Sodium 496, Calories 611	Sodium 872, Calories 700		
9 Veggie Burger w/ Swiss (375) Baked Beans (288), Carrots (96) Orange (0) Ketchup (85) Hamburger Bun (240), Milk (130)	10 Sweet Potato Onion Quiche (382) Herb Roasted Potatoes (30) Catalina Blend Vegetables (41) Oatmeal Cookie (85) / SF Cookie WG Bread (125), Milk (130)	11 Vegetarian Meatloaf w/ Sauce (359) Garlic Parsley Potatoes (32) Green Beans (4) Mixed Fruit (0) White Bread (125), Milk (130)	12 Lasagna Roll w/ Marinara (625*) Broccoli x2 (30) Choc Chip Cookie (150) / SF Cookie WG Bread (125), Milk (130)	13 Tofu w/ Gravy (102) Mashed Potatoes (76) Whipped Butternut Squash (28) Clementine (1) White Bread (125), Milk (130)	14 FROZEN MEAL Manicotti Alfredo, Corn, Carrots Tropical Fruit, WG Bread, Milk	15 FROZEN MEAL Twisted Mac & Cheese w/ Veggie, Pears, White Bread, Milk
Sodium 1214* (HIGH), Calories 757	Sodium 793, Calories 900	Sodium 650, Calories 655	Sodium 1060, Calories 714	Sodium 462, Calories 636		
16 Special – Indian-Inspired Vegetarian Chik'n Curry (592*) Sesame Jasmine Rice (89) California Blend Vegetables (42) Mixed Fruit (0) WG Bread (125), Milk (130)	17 Special - St. Patrick's Day  Lentil Shepherd's Pie w/ Corn (75) Mashed Potatoes (76) Choc Chip Cookie (150) / SF Cookie White Bread (125), Milk (130)	18 BBQ Tofu (307) Mashed Sweet Potato (128) Brussels Sprouts (19) Apple (2) WG Bread (125), Milk (130)	19 Cheese Ravioli w/ Marinara (413) Carrots x2 (192) Clementine (1) White Bread (125), Milk (130)	20 First Day of Spring! Vegetarian Sloppy Joe (238) Potato Wedges (27) Broccoli (15) Oatmeal Cookie (85) / SF Cookie Hamburger Bun (240), Milk (130)	21 FROZEN MEAL Twisted Mac & Cheese w/ Veggies, Applesauce, White Bread, Milk	22 FROZEN MEAL Manicotti Alfredo, Corn, Carrots Tropical Fruit, WG Bread, Milk
Sodium 978, Calories 663	Sodium 556, Calories 799	Sodium 711, Calories 654	Sodium 861, Calories 643	Sodium 735, Calories 736		
23 Vegetarian Three-Bean Stew (436) Green Beans (4) Tropical Fruit (5) White Bread (125), Milk (130)	24 Lasagna Roll w/ Garden Tomato Sauce (573*) 5 Way Vegetables x2 (55) Mixed Berry Cobbler (22) / SF Cookie WG Bread (125), Milk (130)	25 Vegetarian Chik'n Bruschetta (594*) Garlic Linguini (2) 3 Way Vegetables (40) Peaches (0) White Bread (125), Milk (130)	26 Vegetarian Swedish Meatballs (313) Buttered Egg Noodles (28) Green Peas (82) Clementine (1) WG Bread (125), Milk (130)	27 Birthday Cake Tofu w/ Rosemary Sauce (97) Herb Roasted Potatoes (89) California Blend Vegetables (42) Choc Cake (320) / SF Cookie White Bread (125), Milk (130)	28 FROZEN MEAL Garden Scrambled Eggs, Mixed Fruit, WG Bread, Milk	29 FROZEN MEAL Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, White Bread, Milk
Sodium 701, Calories 635	Sodium 905, Calories 945	Sodium 892, Calories 642	Sodium 679, Calories 700	Sodium 744, Calories 806		
30 Vegetarian Chik'n Tenders w/ Gravy (524*) Mashed Potatoes (76) Broccoli (15) Apple (2) WG Bread (125), Milk (130)	31 Cheese Ravioli w/ Marinara (413) Carrots x2 (192) Mixed Fruit (0) White Bread (125), Milk (130)	MENU KEY: 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. Vegetarian meals follow a lacto-ovo vegetarian diet which includes dairy and eggs but does not include meat, poultry, or fish. x2 = Double portion of vegetables.		**March 1st SUNDAY FROZEN MEAL Three Cheese Macaroni w/ Veggies, Carrots, SF Cookie, White Bread, Milk	Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	
Sodium 872, Calories 621	Sodium 860, Calories 676					