


CARDIAC LUNCH

JUNE 2023

For meal cancellations/questions about your meals, please call the Nutrition Dept. at 413-538-9020.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<p>Weekday meals: Sodium content of each individual food is listed in parentheses next to each item.</p> <p>Grams carb. listed are based on the low sugar dessert listed for consumers receiving modified meals.</p> <p>MENUS SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>Weekend meals provided to authorized clients only.</p>						<p>1</p> <p>Pork (55), Crmy. Garlic Sauce (58) Half Baked Potato (4) California Blend Veg (17) Light Wheat Bread (100) Canned Pears (4), 1% Milk (100)</p> <p>Sodium 338, Carb 59</p>		<p>2 COLD PLATE</p> <p>Homemade Egg Salad (223) Cherry Tomatoes (4) Cucumber Onion Salad (9) Light Wheat Bread (100), 1% Milk Fruited Jello w/ Whip/SF (65)</p> <p>Sodium 500, Carb 40</p>		<p>3 FROZEN MEAL</p> <p>Veggie Chili Pinto Beans, Carrots Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 488</p>		<p>4 FROZEN MEAL</p> <p>Grilled Chicken w/ Honey Mustard Carrots, 2nd Side Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 628</p>	
<p>5</p> <p>Diced Chicken & Cran Salad (221) Cali Blend Ziti (147) Green Bean Pimento Salad (10) Lt Wheat Bread (100), Pineapple (1) 1% Milk (100)</p> <p>Sodium 579, Carb 74</p>		<p>6</p> <p>Veal Chopette, Country Grvy (379) Broccoli (9) Steamed Red Bliss Potatoes (6) Light Wheat Bread (100) Mixed Fruit (5), 1% Milk (100)</p> <p>Sodium 598, Carb 67</p>		<p>7</p> <p>Cheeseburger (150) with LS Swiss Cheese (53) Wax Beans (3), Herbed Penne (1) Light Wheat Bread (100) 1% Milk (100), Fresh Fruit (2)</p> <p>Sodium 409, Carb 77</p>		<p>8</p> <p>Grilled Chicken (220) with Mushroom Gravy (64) Tuscan Veg (48), Egg Noodles (6) Light Wheat Bread (100) Pineapple (1), 1% Milk (100)</p> <p>Sodium 540, Carb 77</p>		<p>9</p> <p>Pollock Loin w/ Savory Sauce (191) Buttered White Rice (4) Cilantro Lime Coleslaw (60) Light Wheat Bread (100) Pears (4), 1% Milk (100)</p> <p>Sodium 360, Carb 49</p>		<p>10 FROZEN MEAL</p> <p>Chicken w/ Gravy Potatoes, Brussels Sprouts Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 481</p>		<p>11 FROZEN MEAL</p> <p>Mac & Beef Casserole Spinach, Cali Blend Veg Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 520</p>	
<p>12</p> <p>Meatballs w/ Sweet & Sour (269) Oriental Blend Veg (21), White Rice Choc Chip Ckie(70)/SF Choc Ckie Light Wheat Bread (100) 1% Milk (100)</p> <p>Sodium 579, Carb 76</p>		<p>13 COLD PLATE</p> <p>Tuna Salad (347) Green Bean Pimento Salad (10) Cucumber Onion Salad (9) Canned Pears (4), Lt. Wheat Bread 1% Milk (100)</p> <p>Sodium 570, Carb 48</p>		<p>14</p> <p>Shepherd's Pie (258) Carrots (44) Light Wheat Bread (100) Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 503, Carb 81</p>		<p>15</p> <p>Pot Roast (30) w/ Gravy (76) ½ Baked Potato (4) Tuscan Blend Veg (48) Light Wheat Bread (100) Lemon Ckie (75)/SF Ckie, 1% Milk</p> <p>Sodium 433, Carb 58</p>		<p>16</p> <p>Salmon (67), Creamy Dill Sauce(25) Florentine Rice (131), Broccoli (9) Light Wheat Bread (100) Fruited Jello w/ Whip (65) / SF 1% Milk (100)</p> <p>Sodium 496, Carb 47</p>		<p>17 FROZEN MEAL</p> <p>Omelet Potatoes, Fruited Granola Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 604</p>		<p>18 FROZEN MEAL</p> <p>Thai Ginger Curry Chicken Green Beans, Carrots Light Wheat Bread Cookie / SF Cookie 1% Milk</p> <p>Sodium 466</p>	
<p>19 NO MEAL SERVICE</p> 		<p>20 TACO TUESDAY</p> <p>Taco Mix (270) White Rice (4), Mexicali Corn (56) Flour Tortilla (170) Pineapple (1) 1% Milk (100)</p> <p>Sodium 601, Carb 92</p>		<p>21</p> <p>Grilled Chicken w/ Honey Glaze (221) Spinach(76), Red Bliss Potatoes(6) Light Wheat Bread (100) Fresh Clementine (1), 1% Milk (100)</p> <p>Sodium 503, Carb 67</p>		<p>22</p> <p>Roast Pork (55) with Gravy (62) Canned Sweet Potato (42) Brussels Sprouts (17) Applesauce (9) 1% Milk(100), Lt White Bread (100)</p> <p>Sodium 385, Carb 87</p>		<p>23</p> <p>White Fish w/ Savory Sauce (191) Cauliflower(17), Dill Carrots (44) Light Wheat Bread (100) Key Lime Chiffon / SF (11) 1% Milk (100)</p> <p>Sodium 514, Carb 41</p>		<p>24 FROZEN MEAL</p> <p>Chicken Marsala Butternut Squash, Green Beans Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 509</p>		<p>25 FROZEN MEAL</p> <p>Garden Scrambled Egg Potato, Cranberry Apples Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 634</p>	
<p>26</p> <p>Swedish Meatballs (279) Egg Noodles (6) Wax Beans (3) Light Wheat Bread (100) Clementine (1), 1% Milk (100)</p> <p>Sodium 489, Carb 76</p>		<p>27</p> <p>Grilled Chicken Breast (220) with Fricassee (39), Penne (1) Brussels Sprouts (17) Light Wheat Brd (100) Canned Pears (4), 1% Milk (100)</p> <p>Sodium 481, Carb 66</p>		<p>28 COLD PLATE</p> <p>Cobb Salad w/ Egg, Cheese, & LS Diced Chicken (210), Ranch Drsg.(110), Pineapple (1), Brocc. Ziti Salad(154) Lt Wheat Bread(100), 1% Milk (100)</p> <p>Sodium 675, Carb 67</p>		<p>29</p> <p>Pulled Pork (84) Yellow Rice (169) Cali. Blend (17), Lt. Wheat Brd(100) Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 472, Carb 77</p>		<p>30</p> <p>Jumbo Ravioli (190) with Roasted Red Pepper Sauce (31) Peas & Pearl Onions (34) Broccoli(9), Choc Chip Ckie/SF(70) Lt Wheat Bread (100), 1% Milk(100)</p> <p>Sodium 533, Carb 78</p>		<p>JULY 1 FROZEN MEAL</p> <p>Hamburger with Mashed Potatoes, Carrots Light Wheat Bread Fruit of the Day 1% Milk</p> <p>Sodium 499</p>		<p>JULY 2 FROZEN MEAL</p> <p>Meatballs w/ Cavatappi Pasta Broccoli Light Wheat Bread Cookie / SF Cookie 1% Milk</p> <p>Sodium 431</p>	

Suggested, Confidential, Voluntary Donation of \$2.50/meal. Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.