


# CARDIAC FROZEN SUPPER

MAY 2023

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> Thai Ginger Curry Chicken Green Beans, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 196	<b>2</b> Meatloaf with Gravy Potatoes, Stewed Tomatoes Light Wheat Bread Fruit of the Day 1% Milk *Sodium 401	<b>3</b> Cavatappi Bolognese Italian Vegetables Light Wheat Bread Fruit of the Day 1% Milk *Sodium 431	<b>4</b> Twisted Mac & Cheese Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 340	<b>5</b> Whole Grain Breaded Pollock Cheesy Mash, Mixed Veg Light Wheat Bread Fruit of the Day 1% Milk *Sodium 299	<b>6</b> Hamburger with Mashed Potatoes, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 297	<b>7</b> Chicken Marsala Butternut Squash, Green Beans Light Wheat Bread Cookie 1% Milk *Sodium 307
<b>8</b> Grilled Chicken w/ Honey Mustard Carrots, 2 <sup>nd</sup> Side Light Wheat Bread Fruit of the Day 1% Milk *Sodium 426	<b>9</b> Garden Scrambled Egg Potato, Cranberry Apples Light Wheat Bread Cookie 1% Milk *Sodium 432	<b>10</b> Diced Chicken Green Beans Yellow Rice w/ Tom. Chives Light Wheat Bread Fruit of the Day, 1% Milk *Sodium 477	<b>11</b> BBQ Pork Riblet Sweet Potatoes, Mixed Veg Light Wheat Bread Fruit of the Day 1% Milk *Sodium 432	<b>12</b> Mac & Beef Casserole Spinach, Cali Blend Veg Light Wheat Bread Fruit of the Day 1% Milk *Sodium 318	<b>13</b> Veggie Chili Pinto Beans, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 286	<b>14</b> Chicken w/ Gravy Potatoes, Brussels Sprouts Light Wheat Bread Cookie 1% Milk *Sodium 279
<b>15</b> Fish Filet, Seafood Sauce Brown Rice & Corn Light Wheat Bread SF Chocolate Chip Cookie 1% Milk *Sodium 148	<b>16</b> Meatballs w/ Cavatappi Pasta Broccoli Light Wheat Bread Fruit of the Day 1% Milk *Sodium 161	<b>17</b> Omelet Potatoes, Fruited Granola Light Wheat Bread SF Sugar Cookie 1% Milk *Sodium 402	<b>18</b> Thai Ginger Curry Chicken Green Beans, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 196	<b>19</b> Meatloaf with Gravy Potatoes, Stewed Tomatoes Light Wheat Bread Fruit of the Day 1% Milk *Sodium 401	<b>20</b> Cavatappi Bolognese Italian Vegetables Light Wheat Bread Fruit of the Day 1% Milk *Sodium 431	<b>21</b> Twisted Mac & Cheese Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 340
<b>22</b> Chicken Marsala Butternut Squash, Green Beans Light Wheat Bread Cookie 1% Milk *Sodium 307	<b>23</b> Hamburger with Mashed Potatoes, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 297	<b>24</b> Whole Grain Breaded Pollock Cheesy Mash, Mixed Veg Light Wheat Bread Fruit of the Day 1% Milk *Sodium 299	<b>25</b> Grilled Chicken w/ Honey Mustard Carrots, 2 <sup>nd</sup> Side Light Wheat Bread Fruit of the Day 1% Milk *Sodium 426	<b>26</b> Garden Scrambled Egg Potato, Cranberry Apples Light Wheat Bread Cookie 1% Milk *Sodium 432	<b>27</b> Diced Chicken Green Beans Yellow Rice w/ Tom. Chives Light Wheat Bread Fruit of the Day, 1% Milk *Sodium 477	<b>28</b> BBQ Pork Riblet Sweet Potatoes, Mixed Veg Light Wheat Bread Fruit of the Day 1% Milk *Sodium 432
<b>29</b> <b>NO MEAL SERVICE</b>  <b>MEMORIAL DAY</b>	<b>30</b> Veggie Chili Pinto Beans, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium 286	<b>31</b> Chicken w/ Gravy Potatoes, Brussels Sprouts Light Wheat Bread Cookie 1% Milk *Sodium 279	<p><b>*Total sodium content listed at the bottom of each day is for entrée, veg, and starch side only. An 8 oz milk, slice of light bread, and snack adds approximately 170 mg additional sodium. Sodium is listed in parentheses next to each item.</b></p> <p><b>MENUS SUBJECT TO CHANGE WITHOUT NOTICE.</b></p> <p><b>Weekend meals are provided to authorized clients only.</b></p>			

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