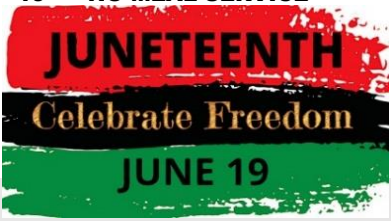




REGULAR LUNCH
Home Delivered Meals

For cancellations & questions about your meals, please call the Nutrition Department at (413) 538-9020 by NOON the business day before.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>Sodium content (mg) listed in parentheses next to food/drink item. *Denotes item with 500+ mg sodium. Margarine adds an extra 36 mg sodium, 25 calories. **Denotes items not included in the nutrient analysis.</p> <p>Total Carbs listed are from the Modified Menu with dessert not high in carb.</p> <p>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>						<p>1 BAKED DESSERT</p> <p>Pork (55), Crmy. Garlic Sauce (58) Half Baked Potato (4) California Blend Veg (17) Wheat Roll (210), 1% Milk (100) Berry Buckle (360) / Canned Pears (4)</p> <p>Sodium 805, Cal 759, Carb 66</p>		<p>2 COLD PLATE</p> <p>Homemade Egg Salad (223) German Potato Salad (294) Carrot Raisin Salad (179) Wheat Roll (210), 1% Milk Fruited Jello w/ Whip (65) / SF Fr. Jello</p> <p>Sodium 1148, Cal 943, Carb 71</p>	
<p>5 COLD PLATE</p> <p>Diced Chicken & Cran Salad (221) Macaroni Salad (337) Three Bean Salad (250) Whole Wheat Bread(170), Pineapple(1) 1% Milk (100)</p> <p>Sodium 1079, Cal 889, Carb 106</p>		<p>6</p> <p>Veal Chopette (330), Cntry. Grvy (428) Broccoli (9) Steamed Red Bliss Potatoes (6) Rye Bread (230) Mixed Fruit (5), 1% Milk (100)</p> <p>Sodium 777, Cal 547, Carb 76</p>		<p>7</p> <p>Cheeseburger (150) with Reduced Sodium Cheese (198) Tater Tots(334), Corn(1), 1% Milk(100) Hamb. Bun (230), Fresh Orange (0) Ketchup (82), Mayo (64)</p> <p>Sodium 1158, Cal 835, Carb 98</p>		<p>8 HIGH SODIUM MEAL</p> <p>Roast Turkey (729)* w/ Gravy (28) Mashed Potatoes (126) Tuscan Veg (48) White Bread (105) Cookie (79) / SF Cookie, 1% Milk (100)</p> <p>Sodium 1215, Cal 556, Carb 72</p>		<p>9</p> <p>Fish Taco with Breaded Pollock (190) Yellow Rice (169) Cilantro Lime Coleslaw (60) Flour Tortilla (170), Yogurt (75) 1% Milk (100), Tartar Sauce (261)</p> <p>Sodium 1025, Cal 722, Carb 86</p>	
<p>12</p> <p>Meatballs (210) w/ Sweet & Sour (117) Oriental Blend Veg (21), White Rice (4) Mixed Fruit (5) Oatnut Bread (150) 1% Milk (100)</p> <p>Sodium 612, Cal 639, Carb 92</p>		<p>13 COLD PLATE</p> <p>Tuna Salad (347) Ziti Broccoli Salad (154) Cucumber Salad (122) Canned Pears (4), Hot Dog Bun (210) 1% Milk (100)</p> <p>Sodium 937, Cal 853, Carb 72</p>		<p>14</p> <p>Shepherd's Pie (258) Carrots (44) Whole Wheat Bread (170) Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 573, Cal 612, Carb 88</p>		<p>15 BIRTHDAY CAKE</p> <p>Pot Roast (30) w/ Gravy (152) ½ Baked Potato (4) Tuscan Blend Veg (48) Rye Bread (230), 1% Milk (100) Cake (291)/Angel Fd. Cake</p> <p>Sodium 855, Cal 694, Carb 80</p>		<p>16</p> <p>Salmon (67), Creamy Dill Sauce(25) Florentine Rice (131) Stewed Tomatoes (270) Wheat Bread (115), 1% Milk (100) Fruited Jello w/ Whip (65) / SF</p> <p>Sodium 772, Cal 591, Carb 53</p>	
<p>19 NO MEAL SERVICE</p> 		<p>20 TACO TUESDAY</p> <p>Taco Mix (270) Yellow Rice (23), Mexicali Corn (56) Flour Tortilla (170) Pineapple (1) 1% Milk (100)</p> <p>Sodium 620, Cal 749, Carb 95</p>		<p>21</p> <p>Breaded Chicken Bites (340) with Honey Glaze (1) Spinach (76), Red Bliss Potatoes (6) Mini Biscuit (170) Fresh Clementine (1), 1% Milk (100)</p> <p>Sodium 693, Cal 565, Carb 79</p>		<p>22</p> <p>Bked Ham (775)*, Pineapple Sauce(72) Sweet Potatoes (42) Brussels Sprouts (17) Applesauce (9) 1% Milk (100), Wheat Bread (115)</p> <p>Sodium 1129, Cal 562, Carb 103</p>		<p>23</p> <p>Mac & Cheese (630)* Stewed Tomatoes (270) Wheat Bread (115) Key Lime Chiffon (62)/SF Jello 1% Milk (100)</p> <p>Sodium 1177, Cal 616, Carb 85</p>	
<p>26</p> <p>Crab Cake (600)*, Tartar Packet (261) Warm Lemon Chickpea Salad (130) Summer Squash Blend (24) Cornbread (80) Clementine (1), 1% Milk (100)</p> <p>Sodium 1196, Cal 855, Carb 93</p>		<p>27</p> <p>Grilled Chicken Parm w/ Marinara (744)*, Penne (1) Brussels Sprouts (17) White Bread (105) Canned Pears (4) 1% Milk (100)</p> <p>Sodium 1097, Cal 770, Carb 71</p>		<p>28 COLD PLATE</p> <p>Cobb Salad w/ Egg, Cheese, Diced Chicken, Bacon (224) Ranch Drsg.(110), Potato Salad (237) Whole Wheat Bread (170) 1% Milk (100), Pineapple (1)</p> <p>Sodium 842, Cal 672, Carb 80</p>		<p>29</p> <p>BBQ Ribette (470) Au Gratin Potatoes (240) Cali. Blend (17), Oatnut Bread (150) Pudding (190) / SF Pudding (210) 1% Milk (100)</p> <p>Sodium 1167, Cal 660, Carb 73</p>		<p>30</p> <p>Broccoli Cheese Quiche (445) Peas & Pearl Onions (34) Wheat Bread (115), Tater Tots (334) Brownie (150) / SF Cookie (75) 1% Milk (100)</p> <p>Sodium 1178, Cal 1007, Carb 83</p>	