


RENAL 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>MENUS SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>Weekend meals are provided to authorized clients only.</p> <p>Renal meals: 560 mg sodium, restricted in potassium and phosphorus</p> <p>Gram carb. are based on the low sugar version dessert for consumers on the Modified menu</p>			<p>1</p> <p>Pork (55), Crmy. Garlic Sauce (58) Buttered White Rice Wax Beans (3) Light White Bread (100) Canned Pears (4), Cran Juice (18)</p> <p>Sodium 227</p>	<p>2 COLD PLATE</p> <p>Homemade Egg Salad (223) Brocc.Ziti Salad (154) Cucumber Onion Salad (9) Light White Bread (100) Ftd Jello w/ Whip/SF, Grape Juice</p> <p>Sodium 556</p>	<p>3 FROZEN MEAL</p> <p>Meatballs & Cavatappi Broccoli Side Dessert: SF Choc. Chip Ckie. Light White Bread Grape Juice</p> <p>Sodium 322</p>	<p>4 FROZEN MEAL</p> <p>Omelet Potatoes, Fruited Granola Side Dessert: Canned Peaches Light White Bread Apple Juice</p> <p>Sodium 511</p>
<p>5</p> <p>Diced Chicken & Cran Salad (221) Cali Blend Ziti (147) Green Bean Pimento Salad (10) Lt White Bread (100), Pineapple (1) Cranberry Juice (3)</p> <p>Sodium 481</p>	<p>6</p> <p>Veal Chopette, Country Grvy (379) Broccoli (9), Carrots (44) Light White Bread (100) Mixed Fruit (5) Cranberry Juice (3)</p> <p>Sodium 539</p>	<p>7</p> <p>Hamburger (150) Wax Beans (3), Herbed Penne (1) Hamburger Bun (230) Fresh Apple (2) Grape Juice (6)</p> <p>Sodium 392</p>	<p>8</p> <p>Grilled Chicken Breast (220) Mushroom Gravy (64) Egg Noodles (6), Tuscan Veg (48) Light White Bread (100) Canned Pineapple(1), Cran Juice</p> <p>Sodium 443</p>	<p>9</p> <p>Pollock Loin w/ Savory Sauce (191) Buttered White Rice (4) Cilantro Lime Coleslaw (60) Light White Bread (100) Pears (4), Apple Juice (5)</p> <p>Sodium 360</p>	<p>10 FROZEN MEAL</p> <p>Garden Scrambled Egg Potatoes, Cranberry Apples Side Dessert: SF Sugar Cookie Light White Bread Cranberry Juice</p> <p>Sodium 590</p>	<p>11 FROZEN MEAL</p> <p>Twisted Mac & Cheese Carrots Side Dessert: Canned Pears Light White Bread Cranberry Juice</p> <p>Sodium 498</p>
<p>12</p> <p>Meatballs w/ Sweet & Sour (269) Oriental Blend Veg (21) White Rice(4), Cookie(115)/SF Ckie Light White Bread (100) Grape Juice (6)</p> <p>Sodium 514</p>	<p>13 COLD PLATE</p> <p>Tuna Salad (347) Green Bean Pimento Salad (10) Cucumber Onion Salad (9) Canned Pears (4), Lt. White Bread Apple Juice (5)</p> <p>Sodium 475</p>	<p>14</p> <p>Ground Beef w/ Corn (235) with LS Brown Gravy (76) Carrots(44), Fresh Apple or Pear(2) Light White Bread (100) Cranberry Juice (3)</p> <p>Sodium 458</p>	<p>15</p> <p>Pot Roast (30) w/ Gravy (76) Buttered Egg Noodles (6) Tuscan Blend Veg (48) Lemon Cookie (75) / SF Cookie Cranberry Juice (3)</p> <p>Sodium 336</p>	<p>16</p> <p>Salmon (67), Creamy Dill Sauce(25) White Rice (4), Broccoli (9) Light White Bread (100) Fruited Jello (65) / SF Cranberry Juice (3)</p> <p>Sodium 272</p>	<p>17 FROZEN MEAL</p> <p>Chicken Marsala Butternut Squash, Green Beans Side Dessert: Peaches Light White Bread Cranberry Juice</p> <p>Sodium 416</p>	<p>10 FROZEN MEAL</p> <p>Thai Ginger Curry Chicken Green Beans, Carrots Side Dessert: Applesauce Light White Bread Cranberry Juice</p> <p>Sodium 312</p>
<p>19 NO MEAL SERVICE</p> 	<p>20 TACO TUESDAY</p> <p>Taco Mix (270) White Rice (4), Corn (1) Fiesta Corn (1), Flour Tortilla (170) Lemon Cookie / SF Lemon Ckie(75) Grape Juice (6)</p> <p>Sodium 526</p>	<p>21</p> <p>Grilled Chicken (220) with Honey Glaze (1) Broccoli (9), Herbed Cavatappi (1) Apple (2), Light White Bread (100) Cranberry Juice (3)</p> <p>Sodium 334</p>	<p>22</p> <p>Roast Pork (55) with Gravy (62) Canned Sweet Potato (42) Grn Beans(2), Lt White Bread (100) Choc Chip Cookie/SF(70) Cranberry Juice (3)</p> <p>Sodium 334</p>	<p>23</p> <p>White Fish w/ Savory Sauce (191) Cauliflower(17), Dill Carrots (44) Light White Bread (100) Key Lime Chiffon / SF (11) Apple Juice (5)</p> <p>Sodium 419</p>	<p>24 FROZEN MEAL</p> <p>Omelet Potatoes, Fruited Granola Side Dessert: Canned Peaches Light White Bread Apple Juice</p> <p>Sodium 511</p>	<p>25 FROZEN MEAL</p> <p>Three Cheese Macaroni Green Beans, Carrots Side Dessert: SF Choc. Chip Ckie Light White Bread Cranberry Juice</p> <p>Sodium 522</p>
<p>26</p> <p>Swedish Meatballs (279) Egg Noodles (6), Wax Beans (3) Light White Bread (100) Canned Peaches (5) Cranberry Juice (3)</p> <p>Sodium 397</p>	<p>27</p> <p>Grilled Chicken Breast (220) with Fricassee Sauce (39), Penne (1) Grn Beans(2), Light White Brd(100) Canned Pears (4) Apple Juice (5)</p> <p>Sodium 370</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 White Bread(100), Cran Juice (3)</p> <p>Sodium 577</p>	<p>29</p> <p>Pulled Pork (84) Yellow Rice (169) Cali. Blend (17), Lt. White Brd (100) Fresh Apple (2) Cranberry Juice (3)</p> <p>Sodium 375</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 White Bread (100), Cran Juice(3)</p> <p>Sodium 436</p>	<p>JULY 1 FROZEN MEAL</p> <p>Meatballs & Cavatappi Broccoli Side Dessert: SF Choc. Chip Ckie. Light White Bread Grape Juice</p> <p>Sodium 322</p>	<p>JULY 2 FROZEN MEAL</p> <p>Chicken with Gravy Potatoes, Brussels Sprouts Side Dessert: SF Lemon Cookie Light White Bread Grape Juice</p> <p>Sodium 440</p>

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