


RENAL LUNCH

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	
1 Swedish Meatballs (279) Egg Noodles (6) Wax Beans (3) Light White Bread (100) Canned Peaches (5), Cran. Juice(3) Sodium 397, Carb 88	2 Grilled Chicken Breast (220) with Fricassee (39), Penne (1) Grn Beans(2), Light White Brd(100) Canned Peas (4) Pineapple Juice (3) Sodium 368, Carb 65	3 COLD PLATE 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) Sodium 577, Carb 72	4 Pulled Pork (84) Yellow Rice (169) Cali. Blend (17), Lt. White Brd(100) Fresh Apple (2) Cranberry Juice (3) Sodium 373, Carb 82	5 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) Sodium 441, Carb 98	6 FROZEN MEAL Chicken Marsala Butternut Squash, Green Beans Side Dessert: Peaches Light White Bread Cranberry Juice Sodium 416	7 FROZEN MEAL Chicken with Gravy Potatoes, Brussels Sprouts Side Dessert: SF Lemon Cookie Light White Bread Grape Juice Sodium 440	
8 LS Diced Chick.(121), Marsala(86) Buttered Ziti(1), Wax Beans (3) Light White Bread (100) Canned Peaches (5) Pineapple Juice (3) Sodium 320, Carb 86	9 American Chop Suey (59) Broccoli (9) Light White Bread (100) Tropical Fruit (10) Grape Juice (6) Sodium 552, Carb 85	10 Blueberry Bkd French Toast(368) Scrambled Egg (71) Apple Juice (5), Pineapple (1) Light White Bread (100) Lemon Cookie / SF (70) Sodium 515, Carb 80	11 Homemade Meatloaf (266) w/ LS Gravy (76) Peas & Carrots(90), Grn Beans (2) Light White Bread (100) Cookie/SF (70), Grape Juice(6) Sodium 544, Carb 69	12 Salmon (67) w/ Salmon Sauce (37) Confetti Rice (42), Broccoli (9) Light White Bread (100) Fresh Pear or Fresh Apple (2) Apple Juice (5) Sodium 502, Cal 550, Carb 74	13 FROZEN MEAL Omelet Potatoes, Fruited Granola Side Dessert: Canned Peaches Light White Bread Apple Juice Sodium 511	14 FROZEN MEAL Thai Ginger Curry Chicken Green Beans, Carrots Side Dessert: Applesauce Light White Bread Cranberry Juice Sodium 312	
15 Hamburger (150) w/ Peppers & Onions (28) Ketchup (82), Mixed Veg (43) Light White Bread (100) Lemon Ckie/SF(70), Cran Juice(3) Sodium 411, Carb 62	16 Jumbo Ravioli (190) w/ LS Cream Sauce (22), Wax Beans (3) Winter Mix Veg (31) Light White Bread (100) Cran Juice(3), Nilla Wafers(115)/SF Sodium 465, Carb 90	17 Pollock Loin (180) w/ Newburg Sauce (108), Noodles (6), Green Beans (2) Light White Bread (100) Pineapple (1), Cran Juice(3) Sodium 400, Carb 81	18 Pork Loin (55) w/ Country Grvy (49) Green Beans (3), Carrots (44) Light White Bread (100) Choc Chip Cookie/SF Ckie (70) Apple Juice (5) Sodium 325, Carb 49	19 COLD PLATE Mixed Lettuce & Carrot Salad(7) w/ Diced Chick.(121), Frch Dress.(100) Cilantro Corn Salad (4) Lt White Bread(100) / SF Ckie (75) Pineapple Juice (3), Swiss Roll/SF Sodium 436, Carb 60	20 FROZEN MEAL Twisted Mac & Cheese Carrots Side Dessert: Canned Peas Light White Bread Cranberry Juice Sodium 498	21 FROZEN MEAL Chicken Marsala Butternut Squash, Green Beans Side Dessert: Peaches Light White Bread Cranberry Juice Sodium 416	
22 Sweet Sour Meatballs (269) Wax Beans(3), Butter. Carrots(44) Light White Bread (100) Nilla Cookies / SF (70) Apple Juice (5) Sodium 535, Carb 67	23 TACO TUESDAY Taco Mix (270) Fiesta Corn (1), White Rice (4) Flour Tortilla (170) Peaches (6) Cranberry Juice (3) Sodium 454, Carb 104	24 Grilled Chick. Brst (220) w/ Orange Glaze(18), Buttered Pasta (1) Oriental Blend Veg (21), Light White Bread (100) Pineapple (1), Cranberry Juice (3) Sodium 364, Carb 98	25 Hamburger (77) LS Yellow Rice 923) Cali Blend Veg (17) Lt White Bread(100), Lemon Ckie/SF (70), Apple Juice(5) Sodium 293, Carb 82	26 Jumbo Cheese Ravioli (190) with LS Cream Sauce (22) Glazed Carrots (75), Grn Beans(2) Light White Bread (100) Applesauce(14), Pineapple Juice(3) Sodium 406, Carb 81	27 FROZEN MEAL Garden Scrambled Egg Potatoes, Cranberry Apples Side Dessert: SF Sugar Cookie Light White Bread Cranberry Juice Sodium 590	28 FROZEN MEAL Three Cheese Macaroni Green Beans, Carrots Side Dessert: SF Choc. Chip Ckie Light White Bread Cranberry Juice Sodium 522	
29 NO MEAL SERVICE  MEMORIAL DAY	30 Breaded Fish (~190) Herbed Penne (1) Buttered Carrots w/ Dill (44) Light White Bread (100) Tropical Fruit (10), Cran Juice (3) Sodium 347, Cal 85	31 Grilled Chick, Brst (220) w/ Mojo Sauce (41). Buttered Cavatappi (1) Broccoli (9), Lt White Bread(100) Mixed Fruit (10) Apple Juice(5) Sodium 386, Carb 78	MENUS SUBJECT TO CHANGE WITHOUT NOTICE. Weekend meals are provided to authorized clients only. Renal meals: 560 mg sodium, restricted in potassium and phosphorus Grams carbohydrate are based on the low sugar version of the dessert for consumers on the Modified menu.				

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