


VEGETARIAN FROZEN SUPPER – June '23

For meal cancellations/questions about your meals, please call the Nutrition Dept. at 413-538-9020.
Suggested, Confidential, Voluntary Donation of \$2.50/meal.



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| <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.</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</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>2</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | | <p>3</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | | <p>4</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p> | |
| <p>5</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>6</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | | <p>7</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | | <p>8</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p> | | <p>9</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>10</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | | <p>11</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | |
| <p>12</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p> | | <p>13</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>14</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | | <p>15</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | | <p>16</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p> | | <p>17</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>18</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | |
| <p>19 NO MEAL SERVICE</p>  | | <p>20</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | | <p>21</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p> | | <p>22</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>23</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | | <p>24</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | | <p>25</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p> | |
| <p>26</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>27</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | | <p>28</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | | <p>29</p> <p>Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)</p> | | <p>30</p> <p>Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)</p> | | <p>JULY 1</p> <p>Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)</p> | | <p>JULY 2</p> <p>Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)</p> | |

Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.