

# March Menu 2023



## COMMUNITY TABLE

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

Suggested, Confidential, Voluntary Donation of \$2.50/meal. Guest under 60 years old \$6.50/meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Sodium content (mg) listed in parentheses next to food/drink item. *Denotes item food item with 500+ mg sodium. Margarine adds an extra 36 mg sodium, 25 calories.</b></p> <p><b>Total Carbs listed are from the Modified Menu with dessert not high in carb.</b></p> <p><b>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</b></p>		1	2	3	
		BIRTHDAY CAKE	SOUP of the DAY		
	<p>Beef Burgundy (297) Butternut Squ. &amp; Cinnamon(97) Cauliflower (17) Wheat Roll (210) Spiced Pears (6) 1% Milk (100)</p> <p>Sodium 726, Cal 603, Carb 75</p>	<p>Homemade Meatloaf (266) Brown Gravy (152) Garlic Mashed Potatoes (117) Wax Beans (3) Whole Wheat Bread (170) Birthday Cake (~330) Diet Dessert: Angel Cake (210)</p> <p>Sodium 1138, Cal 897, Carb 103</p>	<p>Vegetarian Vegetable Soup (~194) Crackers (56) Jumbo Ravioli(190) Florentine(196) Brussels Sprouts (17) Wheat Bread (115) Chocolate Chip Cookie (70) / SF 1% Milk (100)</p> <p>Sodium 938, Cal 629, Carb 90</p>		
6	7	8	9	10	
<p>Salisbury Steak (370) Gravy (152) Sweet Potato (42) Peas &amp; Carrots (90) Wheat Roll (210) Applesauce (9) 1% Milk (100)</p> <p>Sodium 972, Cal 621, Carb 104</p>	TACO TUESDAY	WARM GARLIC BREAD	ETHNIC MEAL	<p>Crab Cake (410) California Blend Veg (17) Brown Rice Pilaf (46) Wheat Bread (115) Bread Pudding (219) Diet Dessert: Sugar Free Cookie Tartar (261) 1% Milk (100)</p> <p>Sodium 1169, Cal 752, Carb 87</p>	
<p>Taco Mix (270) Fiesta Corn (1) Yellow Rice (23) Shredded Lettuce (3) Shredded Cheese (185) Sour Cream (9), Salsa (~182) Tortilla Chips (46) Pineapple (1), 1% Milk (100)</p> <p>Sodium 820, Cal 839, Carb 103</p>	<p>Breaded Chicken Parmesan (679)* Pasta w/ LS Marinara (26) Italian Blend Veg (50) Garlic Bread (239) Pears (4) 1% Milk (100)</p> <p>Sodium 1098, Cal 854, Carb 114</p>	<p>Irish Stew (147) Cabbage &amp; Carrot (52) Steamed Red Bliss Potatoes (5) Mini Biscuit (170) Pistachio Pudding &amp; Whip Crm(207) Diet Dessert: Sugar Free Pudding 1% Milk (100)</p> <p>Sodium 680, Cal 867, Carb 71</p>	<p>SOUP of the DAY, HIGH SODIUM</p>	17	
13	14	15	16	17	
<p>Lazy Golumpki (452) Tomatoes &amp; Zucchini (230) Oatnut Bread (150) Peaches (5) 1% Milk (100)</p> <p>Sodium 937, Cal 599, Carb 78</p>	<p>Diced Chicken with LS Fricassee Sauce (356) Mashed Potato (126) Carrots (44) Whole Wheat Bread (170) Swiss Roll (100) Sugar Free Cookie (~130) 1% Milk (100)</p> <p>Sodium 896, Cal 700, Carb 82</p>	<p>Mongol. Pork Chopette(843)* White Rice (4) Stir Fried Vegetables (47) Wheat Bread (115) Pear (4) 1% Milk (100)</p> <p>Sodium 1112, Cal 626, Carb78</p>	<p>Beef Barley Veg. Soup (104) LS Crackers (17) Cold Rst Turkey(729)* Sandw. Mustard (55) / Mayo (64) Warm Green Beans with Bacon &amp; Onions (37) Kaiser Roll (310) Pineapple (1), 1% Milk (100)</p> <p>Sodium 1419, Cal 611, Carb 76</p>	<p>FRESHLY BAKED DESSERT</p>	<p>Veggie Chili (285) with Shredded Cheese (185) Brown Rice (23) Cauliflower (17) Corn Muffin (~279) Peach Cobbler, Whip Crm(151) Diet Dessert: Peaches (5) 1% Milk (100)</p> <p>Sodium 1043, Cal 1043, Carb106</p>
20	21	22	23	24	
<p>Sloppy Joe (532)* Hamburger Roll (230) California Blend (17) Corn (1) Mixed Fruit (10) 1% Milk (100)</p> <p>Sodium 897, Cal 664, Carb 93</p>	<p>Grilled Chicken Pieces with Runaway Bay Sauce (670)* White Rice (4) Scandinavian Veg (31) Wheat Roll (210) Pineapple (1) 1% Milk (100)</p> <p>Sodium 1017, Cal 665, Carb 95</p>	<p>Cheese Pizza (476) Green Beans (2) Winter Blend Veg (43) Wheat Bread (100) Fresh Fruit (1) 1% Milk (100)</p> <p>Sodium 737, Cal 648, Carb 91</p>	<p>Beef Stew with Cubed Beef on Peas &amp; Carrots (293) Scalloped Potatoes (200) Mini Biscuit (170) Pudding(190) w/ Whip Crm(210) Diet Dessert: Sugar Free Pud. 1% Milk (100)</p> <p>Sodium 963, Cal 840, Carb 57</p>	<p>SOUP of the DAY</p>	<p>Vegetarian Minestrone (157) LS Crackers (17) Potato Pollock(330), Tartar(261) Broccoli (9) Oatnut Bread (150) Brownie (150) Diet Dessert: Sugar Free Ckie 1% Milk (100)</p> <p>Sodium 1174, Cal 883, Carb 81</p>
27	28	29	30	31	
<p>Chicken Patty (490) Orange-Cran Sauce (4) Yams with Cinnamon (31) Spinach (76) Wheat Bread (115) Pears (4) 1% Milk (100)</p> <p>Sodium 819, Cal 579, Carb 91</p>	SALAD & GARLIC BREAD	<p>Chicken &amp; Dumpling (541)* Green Beans (2) Mini Biscuit (170) Peaches (5) 1% Milk (100)</p> <p>Sodium 817, Cal 594, Carb76</p>	<p>Roast Pork (55) with Gravy (124) Au Gratin Potatoes (240) Brussels Sprouts (17) Whole Wheat Bread (170) Angel Food Cake (210) 1% Milk (100)</p> <p>Sodium 707, Cal 597, Carb 42</p>	<p>Unbreaded Salmon (67) with LS Latino Salmon Sauce (75) White Rice (4) Carrots (44) Wheat Bread (115) Peach Chiffon w/ Whip (62) Diet Dessert: Peach Chiffon 1% Milk (100)</p> <p>Sodium 466, Cal 591, Carb 70</p>	