

VEGETARIAN FROZEN SUPPER – April '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
3 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)	4 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	5 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)	6 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	7 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)	8 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	9 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)
10 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	11 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)	12 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	13 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)	14 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	15 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	16 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)
17 NO MEAL SERVICE PATRIOTS DAY	18 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	19 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)	20 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	21 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)	22 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	23 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)
24 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	25 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	26 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)	27 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	28 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)	29 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	30 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)
			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.			
			Total Carbs listed are from the Modified Menu with dessert not high in carb.			
MEALS SUBJECT TO CHANGE WITHOUT NOTICE						

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