


# CARDIAC 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
<b>1</b> Swedish Meatballs (279) Egg Noodles (6) Buttered Corn (1) Light Wheat Bread (100) Clementine (1), 1% Milk (100) Sodium 487, Cal 90	<b>2</b> Grilled Chicken Breast (220) with Fricassee (39), Penne (1) Brussels Sprouts (17) Light Wheat Brd (100) Canned Pears (4), 1% Milk (100) Sodium 481, Carb 66	<b>3 COLD PLATE</b> Cobb Salad w/ Egg, Cheese, & LS Diced Chicken (210), Ranch Drsg.(110), Pineapple (1), Brocc. Ziti Salad(154) Lt Wheat Bread(100), 1% Milk (100) Sodium 676, Carb 67	<b>4</b> Pulled Pork (84) Yellow Rice (169) Cali. Blend (17), Lt. Wheat Brd(100) Fresh Fruit (2) 1% Milk (100) Sodium 472, Carb 77	<b>5</b> Jumbo Ravioli (190) with Roasted Red Pepper Sauce (31) Peas & Pearl Onions (34) Broccoli(9), Choc Chip Ckie/SF(70) Lt Wheat Bread (100), 1% Milk(100) Sodium 533, Carb 78	<b>6 FROZEN MEAL</b> Omelet Potatoes, Fruited Granola Light Wheat Bread SF Sugar Cookie 1% Milk *Sodium in Frozen Meal Tray: 402	<b>7 FROZEN MEAL</b> Thai Ginger Curry Chicken Green Beans, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium in Frozen Meal Tray: 196
<b>8</b> LS Diced Chick.(121) & Marsala(86) Buttered Ziti(1), Peas & Carrots(90) Light Wheat Bread (100) Canned Peaches (5) 1% Milk (100) Sodium 503, Carb 86	<b>9</b> American Chop Suey (59) Italian Blend Veg (50) Light Wheat Bread (100) Tropical Fruit (10) 1% Milk (100) Sodium 319, Carb 84	<b>10</b> Blueberry Bked French Toast(368) Scrambled Egg (71) Pineapple (1) Orange Juice (15) Yogurt (75), 1% Milk (100) Sodium 620, Carb 94	<b>11</b> Homemade Meatloaf (266) w/ LS Gravy (76) Mashed Potatoes (103), Corn (1) Light Wheat Bread (100) Canned Pears (4), 1% Milk (100) Sodium 650, Carb 91	<b>12</b> Salmon (67) w/ Salmon Sauce (37) Confetti Rice (42), Broccoli (9) Light Wheat Bread (100) Fresh Fruit (2) 1% Milk (100) Sodium 356, Carb 74	<b>13 FROZEN MEAL</b> Meatloaf with Gravy Potatoes, Stewed Tomatoes Light Wheat Bread Fruit of the Day 1% Milk *Sodium in Frozen Meal Tray: 401	<b>14 FROZEN MEAL</b> Whole Grain Breaded Pollock Cheesy Mash, Mixed Veg Light Wheat Bread Fruit of the Day 1% Milk *Sodium in Frozen Meal Tray: 299
<b>15</b> Hamburger (150) w/ Peppers & Onions (28) Ketchup (82), Mixed Veg (43) Light Wheat Bread (100) Fresh Orange (0), 1% Milk (100) Sodium 502, Carb 60	<b>16</b> Jumbo Ravioli (190) w/ LS Meat Sauce (25), Wax Beans (3) Light Wheat Bread (100), Nilla Wafers (115) / SF Cookie (~70) 1% Milk (100) Sodium 535, Carb 75	<b>17</b> Pollock Loin (180) w/ Newburg Sauce (108) Noodles (6), Tuscan Blend Veg(48) Light Wheat Bread (100) Fresh Fruit (2), 1% Milk (100) Sodium 544, Carb 77	<b>18</b> Pork Loin (55) w/ Country Grvy (49) Green Beans(3), Buttered Corn (1) Light Wheat Bread (100) Tropical Fruit (10) 1% Milk (100) Sodium 333, Carb 66	<b>19 COLD PLATE</b> Tossed Salad w/ LS Diced Chick.(121), French Dressing (100) Cilantro Corn Salad (4) Lt Wheat Bread(100) / SF Ckie (75) 1% Milk (100), Swiss Roll/SF Ckie Sodium 457, Carb 48	<b>20 FROZEN MEAL</b> Chicken Marsala Butternut Squash, Green Beans Light Wheat Bread Cookie 1% Milk *Sodium in Frozen Meal Tray: 307	<b>21 FROZEN MEAL</b> Garden Scrambled Egg Potato, Cranberry Apples Light Wheat Bread Cookie 1% Milk *Sodium in Frozen Meal Tray: 432
<b>22</b> Meatballs (210) w/ LS Spaghetti Sauce (25), Spaghetti (1) Peas & Pearl Onions (42) Light Wheat Bread (100) Tropical Fruit (10), 1% Milk (100) Sodium 479, Carb 85	<b>23 TACO TUESDAY</b> Taco Mix (270) Fiesta Corn (1), White Rice (4) Flour Tortilla (170) Pineapple (1) 1% Milk (100) Sodium 546, Carb 99	<b>24</b> Grilled Chick. Brst (220) w/ Orange Glaze(18), Buttered Pasta (1) Oriental Blend Veg (21), Light Wheat Bread (100) Yogurt (75), 1% Milk (100) Sodium 535, Carb 92	<b>25</b> Lazy Stuffed Pepper (130) w/ LS Sauce (25) Brussels Sprouts (17) Light Wheat Bread (100), Lemon Ckie/SF (70), 1% Milk (100) Sodium 432, Carb 66	<b>26</b> Jumbo Cheese Ravioli (190) with LS Cream Sauce (22) Glazed Carrots (75), Grn Beans(2) Light Wheat Bread (100) Applesauce(14), 1% Milk (100) Sodium 491, Carb 90	<b>27 FROZEN MEAL</b> Hamburger with Mashed Potatoes, Carrots Light Wheat Bread Fruit of the Day 1% Milk *Sodium in Frozen Meal Tray: 297	<b>28 FROZEN MEAL</b> Meatballs w/ Cavatappi Pasta Broccoli Light Wheat Bread Fruit of the Day 1% Milk *Sodium in Frozen Meal Tray: 161
<b>29 NO MEAL SERVICE</b> 	<b>30</b> Breaded Alaskan Pollock (~190) Herbed Penne (1) Buttered Carrots w/ Dill (44) Light Wheat Bread (100) Tropical Fruit (10), 1% Milk (100) Sodium 529, Carb 78	<b>31</b> Eggplant Parm w/ LS Sauce (349) Buttered Cavatappi (1) Italian Blend Veg (50) Lt Wheat Bread(100) Fresh Fruit (0) 1% Milk (100) Sodium 624, Carb 98	<p><b>Weekend meals: *Total sodium content listed at the bottom of each weekend day is for items in the tray only. An 8 oz milk, slice of light bread, and snack adds approximately 170 mg additional sodium.</b></p> <p><b>Weekday meals: Sodium is listed in parentheses next to each item.</b></p> <p><b>Grams carbohydrate listed are based on the low sugar dessert listed for consumers receiving modified meals.</b></p> <p><b>MENUS SUBJECT TO CHANGE WITHOUT NOTICE. Weekend meals are provided to authorized clients only.</b></p>			

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