



REGULAR LUNCH
Home Delivered Meals

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
| <p>1</p> <p>Crab Cake (600)*, Tartar Packet (261) Warm Lemon Chickpea Salad (130) Buttered Corn (1) Cornbread (80) Clementine (1), 1% Milk (100)</p> <p>Sodium 1174, Cal 917, Carb 109</p> | <p>2</p> <p>Italian Diced Chicken w/ Parm (341) Penne (1), Brussels Sprouts (17) Italian Bread (230) Canned Pears (4) 1% Milk (100)</p> <p>Sodium 692, Cal 635, Carb 74</p> | <p>3 COLD PLATE</p> <p>Cobb Salad w/ Egg, Cheese, Diced Chicken, Bacon (224) Ranch Drsg.(110), Potato Salad (237) Whole Wheat Bread (170) 1% Milk (100), Pineapple (1)</p> <p>Sodium 842, Cal 672, Carb 80</p> | <p>4</p> <p>BBQ Ribette (470) Au Gratin Potatoes (240) Cali. Blend (17), Oatnut Bread (150) Pudding (190) / SF Pudding (210) 1% Milk (100)</p> <p>Sodium 1167, Cal 660, Carb 73</p> | <p>5</p> <p>Broccoli Cheese Quiche (445) Peas & Pearl Onions (34) Wheat Bread (115), Tater Tots (334) Brownie (150) / SF Cookie (75) 1% Milk (100)</p> <p>Sodium 1178, Cal 1007, Carb 93</p> |
| <p>8</p> <p>Chicken Pieces (630)* w/ Marsala (173) Buttered Ziti (1), Peas & Carrots (90) Whole Wheat Bread (170) Canned Peaches (5) 1% Milk (100)</p> <p>Sodium 1114, Cal 586, Carb 90</p> | <p>9</p> <p>American Chop Suey (59) Italian Blend Vegetables (40) Oatnut Bread (150) Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 369, Cal 673, Carb 97</p> | <p>10</p> <p>Omelet (280) 2 Sausage Links (266) Orange Juice (15), Pineapple (1) Rye Bread (230) Yogurt (75), 1% Milk (100)</p> <p>Sodium 1067, Cal 708, Carb 84</p> | <p>11 BIRTHDAY CAKE</p> <p>Meatloaf (390) with Gravy (152) Mashed Potatoes (103), Corn (1) Wheat Bread (115) Birthday Cake (291) / Angel Fd. Cake 1% Milk (100)</p> <p>Sodium 1152, Cal 832, Carb 103</p> | <p>12</p> <p>Salmon (67) with Sauce (75) Confetti Rice (42), Broccoli (9) Wheat Roll (210) Fresh Fruit (0) 1% Milk (100)</p> <p>Sodium 502, Cal 550, Carb 74</p> |
| <p>15 HIGH SODIUM</p> <p>Hot Dog (540)* and Hot Dog Roll (210) Ketchup (82), Mustard (55), Relish (81) Vegetarian Baked Beans (183) Mixed Veg. (43), Fresh Orange (0) 1% Milk (100)</p> <p>Sodium 1293, Cal 734, Carb 91</p> | <p>16</p> <p>Lasagna (330) with Meat Sauce (79) Wax Beans (3) Italian White Bread (230) Pudding (~200) / SF Pudding (~210) 1% Milk (100)</p> <p>Sodium 942, Cal 785, Carb 88</p> | <p>17 COLD PLATE</p> <p>Seafood Newburg (796)* Noodles (6), Tuscan Style Veg (48) Oatnut Bread (150) Fresh Fruit (1) 1% Milk (100)</p> <p>Sodium 1102, Cal 710, Carb 123</p> | <p>18</p> <p>BBQ Pork Loin (211) Mac & Cheese (315) Buttered Corn (1) Cornbread (~261) Tropical Fruit (10), 1% Milk (100)</p> <p>Sodium 899, Cal 826, Carb 107</p> | <p>19 COLD PLATE</p> <p>Caesar Salad w/ Diced Chicken & Shredded Parmesan (307) Fresh Tomato Salad (6) Swiss Roll (100) / SF Cookie (75) 1% Milk (100), Rye Bread (230)</p> <p>Sodium 1193, Cal 721, Carb 54</p> |
| <p>22</p> <p>Meatball Sub w/ Mozz & Sauce (329) Peas & Pearl Onions (42) Tater Tots (334), Sub Roll (330) Canned Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 1137, Cal 835, Carb 110</p> | <p>23 TACO TUESDAY</p> <p>Taco Mix (270) Fiesta Corn (1), Yellow Rice (169) Shredded Cheese (93) Flour Tortilla (170), Pineapple (1) 1% Milk (100)</p> <p>Sodium 804, Cal 702, Carb 99</p> | <p>24</p> <p>Diced Chicken w/ Teriyaki Sauce (494) Mashed Potatoes (103) Oriental Blend Veg (21) Whole Wheat Bread (170), Yogurt (75) 1% Milk (100)</p> <p>Sodium 963, Cal 701, Carb 104</p> | <p>25</p> <p>Sliced Turkey (729)* w/ Gravy (28) Sweet Potatoes (42), Brussels Sprouts (17) Wheat Bread (115), Fresh Fruit (2) 1% Milk (100)</p> <p>Sodium 1032, Cal 546, Carb 93</p> | <p>26 COLD PLATE</p> <p>Seafood Salad (338) Confetti Coleslaw (169), Ziti Broccoli Salad (154) Jello Poke Cake (352) / Angel Fd. Cake 1% Milk (100)</p> <p>Sodium 1042, Cal 966, Carb 83</p> |
| <p>29 NO MEAL SERVICE</p>  | <p>30</p> <p>Breaded Fish (~190) Potato Wedges (161) Buttered Carrots w/ Dill (44) Hamburger Bun (230), 1% Milk (100) Tartar Sauce(261), Tropical Fruit (10)</p> <p>Sodium 995, Cal 677, Carb 83</p> | <p>31</p> <p>Eggplant Parmesan (349) with LS Sauce (25), Cavatappi (1) Italian Blend Veg (40) Oatnut Bread (150), Fresh Fruit (1) 1% Milk (100)</p> <p>Sodium 674, Cal 752, Carb 110</p> | <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. **Denotes items not included in the nutrient analysis.</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> | |