

# REGULAR SUPPER MAY 2023

For meal cancellations/questions about your meals, please call the Nutrition Dept. at 413-538-9020. Suggested, Confidential, Voluntary Donation of \$2.50/meal. Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|--|---|---|--|--|---|--|
| <b>1</b><br>Tuna Salad (347)<br>Black Beans & Corn Salad (150)<br>Hot Dog Roll (210)<br>Yogurt (75)<br>Pineapple Juice (1)<br>1% Milk (100)<br>Sodium 883, Cal 748, Carb 84                          | <b>2</b><br>Turkey (520)* and Swiss (53)<br>Coleslaw (167)<br>Pita Pocket (167)<br>Mustard (55), Mayo (64)<br>Fresh Apple (1)<br>1% Milk (100)<br>Sodium 1124, Cal 748, Carb 75                                     | <b>3</b><br>Chicken Caesar Salad with Diced Chicken & Parmesan (307)<br>Caesar Dressing (310)<br>Ziti Broccoli Salad (154)<br>Wheat Roll (190), Yogurt (75)<br>Juice (5), 1% Milk (100)<br>Sodium 1170, Cal 858, Carb 89              | <b>4</b><br>Roast Beef (340) with Swiss (53)<br>Cucumber Dill Salad (122)<br>Marinated Cali Veg (30)<br>Whole Wheat Bread (170)<br>Mustard (55) & Mayo (64)<br>Mandarin Oranges(6), 1% Milk(100)<br>Sodium 940, Cal 758, Carb 61   | <b>5</b><br>Egg & Cheese Wrap (410)<br>Stewed Tomato (270)<br>Tater Tots (334)<br>Tropical Fruit (10)<br>1% Milk (100)<br>Sodium 1124, Cal 542, Carb 68  | <b>6 HIGH SODIUM MEAL</b><br>Ham Salad (1127)*<br>Corn & Black Bean Salad (150)<br>Wheat Bread (115)<br>Canned Pears (4)<br>1% Milk (100)<br>Pineapple Juice (1)<br>Sodium 1496, Cal 660, Carb 70 | <b>7</b><br>Meatloaf Sandwich (266)<br>Potato Salad (237)<br>Chickpea & Tomato Salad (268)<br>Wheat Bread (115), Ketchup (82)<br>Mandarin Oranges (6)<br>1% Milk (100)<br>Sodium 1197, Cal 757, 89 |
| <b>8</b><br>Sliced Turkey (308) & Swiss (53)<br>Pasta-Veg Salad (29)<br>Whole Wheat Bread (160)<br>Mustard (55), Mayo (64)<br>Pears (5)<br>1% Milk (100), Juice (5)<br>Sodium 782, Cal 680, Carb 64  | <b>9 HIGH SODIUM MEAL</b><br>Ham & Pickle (1127)*<br>Cucumber Onion Salad (9)<br>Ziti Broccoli Salad (154)<br>Wheat Bread (115)<br>Fresh Orange (0)<br>Yogurt (75)<br>Sodium 1479, Cal 776, Carb 78                 | <b>10</b><br>Chef's Salad with Chicken, Shredded Cheese, Egg, Lettuce, Tomatoes, Cucumbers (285)<br>French Dressing (100)<br>Mac Salad (337), Oatnut Bread(150)<br>Tropical Fruit (10), 1% Milk (100)<br>Sodium 982, Cal 801, Carb 88 | <b>11</b><br>Cran/Apple Chicken Salad (144)<br>3-Bean Salad (204)<br>Pineapple Coleslaw (171)<br>Dinner Roll (210)<br>Pears (4)<br>1% Milk (100)<br>Sodium 833, Cal 718, Carb 70   | <b>12</b><br>Tuna Salad (347)<br>Spinach Salad w/ Mandarin Or.(20)<br>Italian Dressing (119)<br>Rye Bread (150)<br>Fresh Apple (2)<br>1% Milk (100), Cranberry Juice (5)<br>Sodium 741, Cal 615, Carb 73 | <b>13</b><br>Chicken Patty (~517)<br>Tomato, Corn, Bean Salad (176)<br>Wheat Bread (115)<br>Mandarin Oranges (6)<br>1% Milk (100)<br>SF Cookie (130)<br>Sodium 1044, Cal 771, Carb 86             | <b>14</b><br>Sliced Ham (516)* & Swiss (53)<br>Cucumber Onion Salad (9)<br>Mustard (55)<br>Wheat Roll (210)<br>Peaches (5), Orange Juice (0)<br>Yogurt (75)<br>Sodium 924, Cal 573, Carb 75        |
| <b>15</b><br>Mediterranean Tortellini Salad (556)*<br>Tomato Salad (15)<br>Wheat Bread (115)<br>Pears (4)<br>1% Milk (100)<br>Sodium 790, Cal 675, Carb 83   | <b>16</b><br>Seafood Salad with Dill (338)<br>Carrot Raisin Salad (179)<br>White Bean Tomato Salad (236)<br>Wheat Roll (210)<br>Tropical Fruit (10)<br>Yogurt (75)<br>Sodium 1049, Cal 797, Carb 84                 | <b>17</b><br>Hamburger(200), LS American(198)<br>Lettuce (0), Mayo (64)<br>Chickpea & Tomato Salad (268)<br>Hamburger Roll (230)<br>Mandarin Oranges (6)<br>1% Milk (100), Apple Juice (5)<br>Sodium 1069, Cal 869, Carb 82           | <b>18</b><br>Diced Chicken (429) on Tossed Salad (4)<br>Ranch Dressing (119)<br>Potato Corn Salad (121)<br>Wheat Bread (115)<br>Pineapple (1), 1% Milk (100)<br>Sodium 888, Cal 553, Carb 60   | <b>19</b><br>Egg Salad (223)<br>Pickled Beets (247)<br>English Pea Salad (280)<br>Hot Dog Bun (210)<br>Fresh Orange (0)<br>1% Milk (100)<br>Sodium 1069, Cal 904, Carb 91                                | <b>20</b><br>Curry Chicken Salad (268)<br>Broccoli Slaw (151)<br>Dinner Roll (210)<br>Yogurt (75)<br>Orange Juice (5)<br>1% Milk (100)<br>Sodium 829, Cal 858, Carb 77                            | <b>21</b><br>Lemon Pepper Chicken Salad (277)<br>Carrot Raisin Salad (179)<br>Oatmeal Bread (230)<br>Applesauce (9)<br>1% Milk (100)<br>Orange Juice (0)<br>Sodium 795, Cal 827, Carb 82           |
| <b>22</b><br>Cottage Cheese (348) with Pineapple (1)<br>Bagel (270), Hard Boiled Egg (55)<br>Fresh Orange (0), Apple Juice (5)<br>1% Milk (100)<br>Cream Cheese (67)<br>Sodium 845, Cal 669, Carb 95 | <b>23</b><br>Roast Beef (274), Swiss (53)<br>Red Bliss Potato Salad (161)<br>Pineapple Coleslaw (171)<br>Wheat Bread (115)<br>Mustard (55), Mayo (64)<br>Peaches (5), 1% Milk (100)<br>Sodium 997, Cal 933, Carb 65 | <b>24</b><br>Antipasto Salad (848)*<br>Tomato Corn Salad (4)<br>Wheat Bread (115)<br>Fresh Apple (2)<br>1% Milk (100)<br>Sodium 1068, Cal 723, Carb 77  | <b>25</b><br>Tuna Macaroni Salad (259)<br>Marinated Veggies (30)<br>Dinner Roll (210)<br>Yogurt (75)<br>1% Milk (100)<br>Sodium 674, Cal 707, Carb 98  | <b>26</b><br>Chicken Salad (145)<br>Hamburger Bun (230)<br>Macaroni Salad (337)<br>Broccoli Raisin Salad (39)<br>Mandarin Oranges (6)<br>1% Milk (100)<br>Sodium 856, Cal 851, Carb 90                   | <b>27</b><br>Chilled Sesame Noodles w/ Turkey (124)<br>Green Beans & Pimentos (10)<br>Whole Wheat Bread (170)<br>Canned Pears (5)<br>1% Milk (100)<br>Sodium 407, Cal 664, Carb 85                | <b>28</b><br>Cheese Omelet w/ Spinach and Red Peppers (425)<br>Tater Tots (334)<br>Cali Blend Veg (17)<br>Rye Bread (150)<br>Fresh Orange (0), 1% Milk (100)<br>Sodium 1026, Cal 631, Carb 75      |
| <b>29 NO MEAL SERVICE</b><br><br>Sodium 1124, Cal 748, Carb 75   | <b>30</b><br>Turkey (520)* and Swiss (53)<br>Coleslaw (167)<br>Pita Pocket (167)<br>Mustard (55), Mayo (64)<br>Fresh Apple (1)<br>1% Milk (100)<br>Sodium 1124, Cal 748, Carb 75                                    | <b>31</b><br>Chicken Caesar Salad with Diced Chicken & Parmesan (307)<br>Caesar Dressing (310)<br>Ziti Broccoli Salad (154)<br>Wheat Roll (190), Yogurt (75)<br>Juice (5), 1% Milk (100)<br>Sodium 1170, Cal 858, Carb 89             | Sodium content (mg) listed in parentheses next to food/drink item above. *Denotes item food item with 500 mg or more sodium. Margarine adds an extra 36 mg sodium, 25 calories.<br><br>MENUS SUBJECT TO CHANGE WITHOUT NOTICE.<br><br>Weekend meals are provided to authorized clients only. |  |   |  |