


VEGETARIAN FROZEN SUPPER – May '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 |
|---|--|--|---|--|--|--|
| 1 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100) | 2 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100) | 3 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100) | 4 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100) | 5 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100) | 6 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100) | 7 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100) |
| 8 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100) | 9 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100) | 10 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100) | 11 Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100) | 12 Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100) | 13 Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100) | 14 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100) |
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| 29 NO MEAL SERVICE  MEMORIAL DAY | 30 Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100) | 31 Breakfast Omelet Whole Wheat Bread Yogurt (75) 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.