


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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1 Chick'n Strips (197) w/ Onions & Peppers (28) Warm Lemon Chickpea Salad (130) Cornbread (80) Clementine (1), 1% Milk (100) Sodium 536, Cal 661, Carb 72	2 Meatless Chick'n Parm (629)* Penne (1), Brussels Sprouts (17) Italian Bread (230) Canned Pears (4) 1% Milk (100) Sodium 981, Cal 689, Carb 101	3 COLD PLATE Cobb Salad w/ Egg, Cheese, Chickpeas (429) Ranch Drsg.(110), Potato Salad (237) Whole Wheat Bread (170) 1% Milk (100), Pineapple (1) Sodium 992, Cal 653, Carb 71	4 Meatless Burger(650)* w/ BBQ(156) Yellow Rice w/ Pigeon Peas (47) Cali. Blend (17), Oatnut Bread (150) Fresh Fruit (2) 1% Milk (100) Sodium 1044, Cal 554, Carb 99	5 Broccoli Cheese Quiche (445) Peas & Pearl Onions (34) Wheat Bread (115), Tater Tots (334) Brownie (150) / SF Cookie (75) 1% Milk (100) Sodium 1178, Cal 1007, Carb 83	8 FROZEN MEAL Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)	9 FROZEN MEAL Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	
8 Chick'n Strips (197) w/ Mozzarella (94) and LS Marinara (25) Buttered Ziti(1), Peas & Carrots(90) Whole Wheat Bread (170) Canned Peaches (5), 1% Milk (100) Sodium 682, Cal 668, Carb 102	9 Vegetarian American Chop Suey (408), Italian Blend Vegetables (50) Oatnut Bread (150) Tropical Fruit (10) 1% Milk (100) Sodium 718, Cal 638, Carb 103	10 Blueberry Baked French Toast (368), Scrambled Egg (71) Orange Juice (15) Pineapple (1) Yogurt (75), 1% Milk (100) Sodium 445, Cal 447, Carb 63	11 HIGH SODIUM, CAKE Meatless Burger (650)* Ketchup (82), Lettuce (0) Mashed Potatoes (103), Corn (1) Wheat Bread (115), 1% Milk (100) Birthday Cake(291)/Angel Fd. Cake Sodium 1341, Cal 771, Carb 107	12 Falafel (218) w/ Tzatziki Sauce (42) Confetti Rice (42) Pita Brd (161), Chickpea Stew (469) Fresh Clementine (1) 1% Milk (100) Sodium 1141, Cal 790, Carb 121	15 FROZEN MEAL Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	16 FROZEN MEAL Vegetarian Chili w/ Pinto Beans & Carrots Wheat Roll (210) SF Cookie (~79) 1% Milk (100)	
15 Veget Hot Dog (324)* & Hot Dog Roll (210), Ketchup (82), Mustard (55), Relish (81), 1% Milk (100) Veget. Baked Beans (183) Mixed Veg. (43), Fresh Orange (0) Sodium 1077, Cal 535, Carb 94	16 Lasagna (330) w/ LS Marinara (25) Wax Beans (3) Italian White Bread (230) Pudding(~200) / SF Pudding(~210) 1% Milk (100) Sodium 888, Cal 628, Carb 104	17 Sesame Chick'n Nuggets (135) Ketchup (82), Chickpea Salad(130), Fresh Fruit(1), Tuscan Style Veg (48) Oatnut Bread (150), 1% Milk (100) Sodium 647, Cal 777, Carb 106	18 Mac & Cheese w/ Chorizo Crumbles (724)* Green Beans (3) Cornbread (~261) Tropical Fruit (10), 1% Milk (100) Sodium 1097, Cal 606, Carb 89	19 COLD PLATE Tossed Salad w/ Carrots, Tomatoes (30) & Sesame Chick'n Nuggets (135) Corn Cilantro Salad (4) Swiss Roll (100) / SF Cookie (75) 1% Milk (100), Rye Bread (230) Sodium 700, Cal 684, Carb 89	22 FROZEN MEAL Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)	23 FROZEN MEAL Breakfast Omelet Whole Wheat Bread Yogurt (75) 1% Milk (100)	
22 Veget. Meatball Sub w/ Mozz & Sauce (329) Peas & Pearl Onions (42) Buttered Carrots(44), Sub Roll(330) Tropical Fruit (10), 1% Milk (100) Sodium 1058, Cal 781, Carb 117	23 TACO TUESDAY Veget. Taco Mix w/ Beans & Veggie Chorizo Crumbles (696)* Mexicali Corn(56), Yellow Rice(169) Shredded Cheese (93), 1% Milk Flour Tortilla (170), Pineapple (1) Sodium 1120, Cal 799, Carb 92	24 Teriyaki Chick'n Strips (570)* Mashed Potatoes (103) Oriental Blend Veg (21) Whole Wheat Brd (170), Yogurt (75) 1% Milk (100) Sodium 1039, Cal 680, Carb 106	25 Veget. Lazy Stuffed Pepper (586)* w/ LS Marinara (25) Brussels Sprouts(17) Wheat Bread (115), Fresh Fruit (2) 1% Milk (100) Sodium 845, Cal, 521, Carb 84	26 Jumbo Cheese Ravioli (190) w/ Alfredo (365), Glazed Carrots (75) Dinner Roll (150) Angel Food Cake (210) 1% Milk (100) Sodium 1096, Cal 759, Carb 128	29 FROZEN MEAL Garden Scrambled Eggs Rye Bread (230) Pudding (~210) 1% Milk (100)	30 FROZEN MEAL Three Cheese Mac Casserole Wheat Bread (115) Fresh Fruit (1) 1% Milk (100)	
29 NO MEAL SERVICE 	30 Asian-inspired Egg Roll Skillet (963)*, White Rice (1) Tropical Fruit (10) Wheat Bread (115) 1% Milk (100) Sodium 1192, Cal 766, Carb 85	31 Eggplant Parmesan (349) with LS Sauce (25), Cavatappi (1) Italian Blend Veg (40) Oatnut Bread (150), Fresh Fruit (1) 1% Milk (100) Sodium 674, Cal 752, Carb 110	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.				