

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