MAY 2026 Voice Readable Menu
MENU SUBJECT TO CHANGE

Meals are based on a No Added Salt (3,000-4,000 milligram) diet for healthy older adults.
Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs.
A High Sodium Meal has more than 1,200 milligrams of sodium
* Indicates entrees with more than 500mg sodium
Nutrition information includes 110 calories, 13 grams of carbohydrates and 125 milligrams of sodium for milk
Carbs are listed for "Diabetic Friendly Meal" purposes.

Friday May 1
Potato Crunch Fish Sodium 280
Rice Pilaf Sodium 70
Mixed Vegetables Sodium 30
Fruited Ambrosia Sodium 55
Sandwich Roll Sodium 248
Tartar Sauce Sodium 85
Calories for entire Meal is 905
Sodium for entire Meal is 893 milligrams
Carbohydrate count for entire meal is 116

Monday May 4
Shepherd's Pie Sodium 255
Carrots Sodium 7
Peas Sodium 53
Vanilla Yogurt Sodium 50
Marble Rye Bread Sodium 105
Calories for entire Meal is 792
Sodium for entire Meal is 1176milligrams
Carbohydrate count for entire meal is 107

Tuesday May 5, Cinco de Mayo, entrée Sodium level over 500 mg
Chicken Fajitas Sodium 527
Spanish Rice Sodium 66
Black Beans & Corn 292
Pineapple Sodium 0
Pita Bread Sodium 68
Sour Cream Sodium 9
Calories for entire Meal is 862
Sodium for entire Meal is 1086 milligrams
Carbohydrate count for entire meal is 98

Tuesday May 6
Braised Beef Sodium 197
Gemelli Pasta Sodium 8
Broccoli Sodium 16
Baked Apples Sodium 14
Pumpernickel Bread Sodium 135
Calories for entire Meal is 840
Sodium for entire Meal is 495 milligrams
Carbohydrate count for entire meal is 93

Thursday May 7, Mother's Day Meal, entrée Sodium level over 500 mg
Chicken Royale with Gravy Sodium 634
Mashed Sweet Potatoes Sodium 146
Green Beans Sodium 43
Double Chocolate Cake Sodium 192
Diet Cheesecake Mousse Sodium 43
Italian Bread Sodium 95
Calories for entire Meal is 939
Sodium for entire Meal is 1153 milligrams
Carbohydrate count for entire meal is 98

Friday May 8, Meatless Meal Vegetable Cheese Bake Sodium 416 O'Brien Potatoes Sodium 101 Tuscany Vegetables Sodium 31 Fresh Fruit Sodium 0 Whole Wheat Bread Sodium 138 Calories for entire Meal is 815 Sodium for entire Meal is 811 milligrams Carbohydrate count for entire meal is 84
Thursday April 9 Beef with Sodium 420 Onions & Peppers Sodium 3 Potato Wedges Sodium 273 Honey Glazed Carrots Sodium 70 Fresh Fruit Sodium 0 Sandwich Roll Sodium 248 Calories for entire Meal is 800 Sodium for entire Meal is 1,140 milligrams Carbohydrate count for entire meal is 113
Monday May 11, entrée Sodium level over 500 mg Honey Mustard Pork Sodium 817 Mashed Potatoes Sodium 108 Mixed Vegetables Sodium 30 Fresh Fruit Sodium 0 Italian Bread Sodium 96 Calories for entire Meal is 781 Sodium for entire Meal is 1176 milligrams Carbohydrate count for entire meal is 107
Tuesday May 12 Burger Sodium 150 w/ Chili & Cheese Sodium 297/90 Herb Potatoes Sodium 7 Green Beans Sodium 0 Lorna Doone Cookies Sodium 147 Sandwich Roll Sodium 248 Calories for entire Meal is 889 Sodium for entire Meal is 1063 milligrams Carbohydrate count for entire meal is 104
Wednesday May 13, entrée Sodium level over 500 mg Jambalaya Sodium 539 Rice Pilaf Sodium 70 Peas & Carrots Sodium 30 Pineapple Sodium 0 Pumpernickel Bread Sodium 135 Calories for entire Meal is 685 Sodium for entire Meal is 899 milligrams Carbohydrate count for entire meal is 101
Thursday May 14 Garlic Herbed Chicken Sodium 356 Cranberry Stuffing Sodium 300 California Blend Vegetables Sodium 36 Tapioca Pudding Sodium 210 Diet SF Tapioca Sodium 135 Whole Wheat Bread Sodium 138 Calories for entire Meal is 766 Sodium for entire Meal is 1162 milligrams Carbohydrate count for entire meal is 87

Friday May 15 Beef Stir-Fry Sodium 443 Steamed Rice Sodium 101 Roasted Broccoli Sodium 15 Baked Cinnamon Pears Sodium 5 Marble Rye Bread Sodium 105 Calories for entire Meal is 778 Sodium for entire Meal is 794 milligrams Carbohydrate count for entire meal is 93
Monday May 18, entrée Sodium level over 500 mg Ranch Chicken Sodium 554 Vegetable Couscous Sodium 77 Spinach Sodium 87 Fresh Fruit Sodium 1 Pumpernickel Bread Sodium 135 Calories for entire Meal is 707 Sodium for entire Meal is 979 milligrams Carbohydrate count for entire meal is 94
Tuesday May 19 Cranberry Chicken Salad Sodium 197 Pasta Salad Sodium 172 Tomato & Onion Salad Sodium 71 Vanilla Mousse Sodium 155 Hot Dog Bun Sodium 195 Calories for entire Meal is 802 Sodium for entire Meal is 913 milligrams Carbohydrate count for entire meal is 88
Wednesday May 20, entrée Sodium level over 500 mg Burgundy Pork Sodium 768 Mashed Potatoes Sodium 108 Brussels Sprouts Sodium 15 Pear Crisp Sodium 54 Diet Applesauce Sodium 25 Italian Bread Sodium 96 Calories for entire Meal is 790 Sodium for entire Meal is 1166 milligrams Carbohydrate count for entire meal is 70
Thursday May 21, Holiday Meal, High Sodium Meal Hot Dog Sodium 540 Baked Beans Sodium 370 Coleslaw Sodium 152 Baked Apples Sodium 14 Hot Dog Bun Sodium 195 Mustard Sodium 50 Calories for entire Meal is 834 Sodium for entire Meal is 1446 milligrams Carbohydrate count for entire meal is 93
Memorial Day, no meal served

Tuesday May 26, High Sodium Meal Turkey Supreme Sodium 790 Supreme Sauce Sodium 115 Cornbread Stuffing Sodium 242 Country Blend Vegetables Sodium 22 Pineapple Sodium 0 Pumpernickel Bread Sodium 135 Calories for entire Meal is 707 Sodium for entire Meal is 1429 milligrams Carbohydrate count for entire meal is 102
Wednesday May 27 Meatloaf Sodium 202 w/ Gravy Sodium 83 Garlic Mashed Potatoes Sodium 107 Honey Glazed Carrots Sodium 70 Peaches Sodium 5 Marble Rye Bread Sodium 105 Calories for entire Meal is 746 Sodium for entire Meal is 697 milligrams Carbohydrate count for entire meal is 81
Thursday May 28 Greek Chicken Sodium 497 Steamed White Rice Sodium 101 Brussels Sprouts Sodium 15 Birthday Cake Sodium 221 Diet Small Piece Sodium 110 Italian Bread Sodium 96 Calories for entire Meal is 781 Sodium for entire Meal is 1054 milligrams Carbohydrate count for entire meal is 88
Friday May 29 Baked Potato Sodium 7 w/ Chili & Cheese Sodium 474/180 Broccoli Sodium 16 Fresh Fruit Sodium 1 Whole Wheat Bread Sodium 138 Sour Cream Sodium 9 Calories for entire Meal is 772 Sodium for entire Meal is 950 milligrams Carbohydrate count for entire meal is 100
To contact your Local Nutrition Center call Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-333-9635 Upton 978-907-5709 Southbridge 774-289-9438 Spencer 508-885-5767 Uxbridge 774-482-6174 W. Brookfield 508-867-1411