


September 2010
WestMass ElderCare Inc. Congregate
Chicopee COA



7 Valley View Court - Contact the Nutrition Dept. at WestMass ElderCare at 413-538-9020 Ext.334
Suggested, Confidential Voluntary Donation of \$2.25 per meal-Meals subject to change without notice

		1	2	3
		Meatballs/Gravy Mashed Potatoes Chuckwagon Corn Multigrain Bread Applesauce Diet Applesauce	Cream Mush Soup/Crkr Hot Turkey Sand/Gravy Cranberry Sauce Mashed Potatoes Oatmeal Bread Frosted Cake Diet Cake	Cold Plate: Waldorf Chicken Salad Carrot Raisin Salad Beet Onion Salad Orange/Cranberry Muffin Melon
		Calories: 667 Fat %: 26 Sodium: 898 mg	Calories: 955 Fat %: 28 Sodium: 1005 mg	Calories: 1014 Fat %: 58 Sodium: 1023 mg
6	7	8	9	10
Labor Day No Meals Served 	Orange Juice Beef & Bean Chili White Rice Mixed Vegetables Rye Bread Mixed Fruit Diet Mixed Fruit	Chicken/ Wine Sauce Baked Potato/Sour Cream Spinach Whole Wheat Bread Peaches Diet Peaches	Alphabet Soup/Crackers French Bread Pizza Tossed Salad/Dressing Tapioca Pudding Diet Pudding	Higher Sodium Meal Knockwurst/Mustard German Potato Salad Cabbage Pumpernickel Bread German Apple Cake Diet Cake
	Calories: 900 Fat %: 34 Sodium: 1271 mg	Calories: 642 Fat %: 32 Sodium: 541 mg	Calories: 664 Fat %: 33 Sodium: 995 mg	Calories: 709 Fat %: 38 Sodium: 1002 mg
13	14	15	16	17
Sloppy Joes Mashed Potatoes Summer Blend Hamburger Roll Applesauce Diet Applesauce	Cream Broccoli Soup/Crks Oven Fried Chicken Roasted Red Potatoes Dinner Roll Peaches Diet Peaches	Cranberry Juice Beef Stroganoff Egg Noodles Peas & Carrots Oatmeal Bread Chocolate Brownie Diet Dessert	Chicken Pot Pie White Rice Green Beans Biscuit Mandarin Oranges Diet Mandarin Oranges	Higher Sodium Meal Seafood Salad Macaroni Salad Cucumber Salad Rye Bread Gingerbread
Calories: 837 Fat %: 30 Sodium: 1034 mg	Calories: 1052 Fat %: 44 Sodium: 1202 mg	Calories: 1043 Fat %: 39 Sodium: 699 mg	Calories: 708 Fat %: 25 Sodium: 887 mg	Calories: 952 Fat %: 40 Sodium: 1703 mg
20	21	22	23	24
Chicken Primavera(Cubes) over Pasta Roman Style Vegetables Wheat Bread Pineapple	Meatloaf/Gravy Mashed Potatoes Beets Whole Wheat Bread Cookie Diet Cookie	Veal Parmesan/Sauce Pasta/Spag Sauce Italian Green Beans Garlic Bread Tropical Fruit	Vegetable Soup/Crkr Roast Pork/Gravy Oven Rst Red Potatoes Rye Bread Ice Cream Sundae	Chicken Almondine Lyonnais Potatoes Spinach Oatmeal Bread Pears Diet Pears
Calories: 564 Fat %: 25 Sodium: 561 mg	Calories: 699 Fat %: 33 Sodium: 867 mg	Calories: 742 Fat %: 42 Sodium: 1219 mg	Calories: 786 Fat %: 35 Sodium: 648 mg	Calories: 662 Fat %: 32 Sodium: 660 mg
27	28	29	30	
Lemon Pepper Chicken Scalloped Potatoes Mixed Vegetables Multigrain Bread Mandarin Oranges Diet Mandarin Oranges	Roast Turkey/Gravy Cranberry Sauce Sweet Potato Green/Wax Beans Dinner Roll Tropical Fruit Diet Tropical Fruit	Carrot/Leek Soup/Crkr American Chop Suey Whole Wheat Bread Peaches Diet Peaches	Cheese Lasagna Marinara Sauce Italian Blend Vegetables Italian Bread Chocolate Cake Diet Cake	
Calories: 666 Fat %: 22	Calories: 624 Fat %: 15	Calories: 684 Fat %: 33	Calories: 629 Fat %: 32	

Sodium: 687 mg

Sodium: 412 mg

Sodium: 929 mg

Sodium: 1148 mg