


September 2010
WestMass ElderCare Inc.
Falcetti Tower Apts.



4 Valley Mill Rd., Holyoke - Contact Rosa Masionet at WestMass ElderCare at 413-538-9020 x404

Suggested, Confidential Voluntary Donation of \$2.25 per meal-Meals subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 Cold Plate
		Latino Steak/Onions Mashed Potatoes Chuckwagon Corn Multigrain Bread Applesauce Diet Applesauce	Cream Mush Soup/Crkr Turkey w/Gravy/Cran Sc Mashed Potatoes Oatmeal Bread Frosted Cake Diet Cake	Tuna Macaroni Salad Tomato Cheese Salad Orange Cranberry Muffin Melon
		Calories: 840 Fat %: 42 Sodium: 777 mg	Calories: 866 Fat %: 30 Sodium: 985 mg	Calories: 671 Fat %: 43 Sodium: 675 mg
6	7	8	9	10
Labor Day No Meals Served 	Orange Juice Lat Mac/Cheese/Grnd Beef White Rice Mixed Vegetables Rye Bread Mixed Fruit Diet Mixed Fruit	Baked Chicken Baked Potato/Sour Cream Spinach Whole Wheat Bread Peaches Diet Peaches	Alphabet Veg Soup/Crkr French Bread Pizza Tossed Salad Coconut Rice Pudding Diet Pudding	Tropical Pork/Veg Stew White Rice/Cabbage Pumpnickel Bread German Apple Cake Diet Cake
	Calories: 820 Fat %: 20 Sodium: 467 mg	Calories: 620 Fat %: 33 Sodium: 450 mg	Calories: 664 Fat %: 33 Sodium: 995 mg	Calories: 731 Fat %: 23 Sodium: 807 mg
13	14	15	16	17 Cold Plate
Jamaican Beef Patty Mashed Potatoes Summer Blend Vegetables Wheat Bread Applesauce Diet Applesauce	Crn Broccoli Soup/Crkr Garlic Chicken Roasted Red Potatoes Dinner Roll Peaches Diet Peaches	Cranberry Juice LatinoStewBeef/SweetPot White Rice Peas & Carrots Oatmeal Bread Chocolate Brownie Diet Dessert	Pulled Pork Yellow Rice Green Bananas Italian Bread Mandarin Oranges	Crab Salad Tom/Cheese/OnionSalad Corn Salad Rye Bread Gingerbread
Calories: 1152 Fat %: 37 Sodium: 1332 mg	Calories: 769 Fat %: 34 Sodium: 768 mg	Calories: 1049 Fat %: 37 Sodium: 766 mg	Calories: 829 Fat %: 34 Sodium: 677 mg	Calories: 955 Fat %: 40 Sodium: 1849 mg
20	21	22	23	24
Latino Chicken&Macaroni Roman Style Vegetables Wheat Bread Pineapple	Spanish Meatloaf Mashed Potatoes Beets Whole Wheat Bread Cookie Diet Cookie	Vienna Sausage/Rice Italian Green Beans Garlic Bread Tropical Fruit Diet Tropical Fruit	Vegetable Soup/Crackers Pork Tenderloin/Veg. Oven Rstd Red Potatoes Rye Bread Ice Cream Sundae	BBQ Chicken Lyonnais Potatoes Spinach Oatmeal Bread Pears Diet Pears
Calories: 539 Fat %: 18 Sodium: 415 mg	Calories: 772 Fat %: 39 Sodium: 713 mg	Calories: 821 Fat %: 47 Sodium: 1945 mg	Calories: 680 Fat %: 28 Sodium: 909 mg	Calories: 616 Fat %: 16 Sodium: 1273 mg
27	28	29	30	
Chicken Fricassee White Rice 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 Grnd Beef/Sweet Plantains Yellow Rice Whole Wheat Bread Peaches Diet Peaches	Cheese Lasagna Marinara Sauce Ital. Blend Vegetables Italian Bread Chocolate Cake Diet Cake	
Calories: 894 Fat %: 41 Sodium: 457 mg	Calories: 620 Fat %: 15 Sodium: 412 mg	Calories: 919 Fat %: 34 Sodium: 1006 mg	Calories: 629 Fat %: 32 Sodium: 1148 mg	