

If you are 60 years of age or older, you are eligible to participate in WestMass ElderCare's Elder Congregate Dining Program which provides a hot nutritious meal to elders at the Fernandez Family Restaurant. To register for the program, please contact WestMass ElderCare's Nutrition Department at (413) 538-9020.

## Lunch Menu

ENTREES - Select **one** entrée:

Roast Pork – 3 oz

Roast Chicken – 3 oz

VEGETABLES – select **one** vegetable:

Boiled Bananas - ½ cup

Yuca w/ garlic and onions - ½ cup

Mixed Vegetables - ½ cup

STARCH – select **one** starch:

Yellow Rice and Soupy Beans – ½ cup

Yellow Rice and Pigeon Peas – ½ cup

Mashed Potatoes – ½ cup

## Daily Specials

Monday--- Meatloaf, Starch, Vegetable

Tuesday--- Meatballs, Starch, Vegetable

Wednesday--- Lasagna, Vegetable

Thursday--- Sancocho(Soup),Rice

Friday--- Cod Fish, Starch, Vegetable

Sorry no substitutions are allowed.

A confidential, voluntary donation of \$2.25 per meal is suggested. Donation statements will be mailed to you at the end of each month.

Donation should be made directly to WestMass ElderCare.

This program is managed by WestMass ElderCare. If you have any problems or questions, please direct them to the Nutrition Department at (413) 538-9020, instead of the staff at Fernandez Family Restaurant.

State Nutrition Standards require the following:

- ❖ Must meet 1/3<sup>rd</sup> of the Recommended Daily Allowances
- ❖ Must be low in fat (fried foods and pork rinds are not allowed)
- ❖ Provide a good daily source of vitamin C

A meal consists of the following:

3 oz of Meat

½ c of Vegetables

½ c of Starch

1 sl of bread

½ c of Dessert (usually fruit)

8 oz of milk

coffee or tea