

May 2012
WestMass ElderCare Inc. Congregate
Granby Council on Aging



10 West State St., Granby, MA - Please call 467-3239 to make lunch reservations 24 hours in advance

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Herb Rstd Chicken/Gravy Baked Sweet Potato Spinach Whole Wheat Bread Ambrosia Diet Ambrosia	Salisbury Steak/Gravy Mashed Potatoes Summer Blend Vegetables Multigrain Bread Mixed Fruit/Dt Mixed Fruit	Crn Mushroom Soup/Ckrs Sweet & Sour Pork White Rice Dinner Roll Pineapple	Orange Juice Potato Pollock Filet Tartar Sauce Lyonnaise Potatoes Mixed Vegetable Pumpnickel Bread Rice Pudding/Dt Pudding
	Calories: 740 Fat %: 33 Sodium: 680mg	Calories: 718 Fat %: 33 Sodium: 799mg	Calories: 769 Fat %: 28 Sodium: 766mg	Calories: 909 Fat %: 34 Sodium: 1280mg
7	8	9	10	11
Corn Chowder/Ckrs Sloppy Joes Peas & Carrots Hamburger Roll Cookies/Diet Cookie	Macaroni & Cheese Stewed Tomatoes Rye Bread Applesauce	Ham/Pineapple/Raisin Sc Baked Potato/Sour Cream Carrots Whole Wheat Bread Frosted Cake/Diet Cake	Chicken/Dumplings(cubes) Spinach Wheat Bread Peaches/Diet Peaches Apple Juice	American Chop Suey Country Blend Vegetables MultiGrain Bread Mandarin Oranges Diet Mandarin Oranges
Calories: 767 Fat %: 34 Sodium: 1168mg	Calories: 635 Fat %: 27 Sodium: 1232mg	Calories: 856 Fat %: 34 Sodium: 1538mg	Calories: 632 Fat %: 18 Sodium: 516mg	Calories: 649 Fat %: 30 Sodium: 471mg
14	15	16	17	18
Roast Chicken/Gravy Rst Red Potatoes Green Beans Oatmeal Bread Turnover/Diet Dessert	Shepherd's Pie Mixed Vegetables Pumpnickel Bread Tropical Fruit Diet Tropical Fruit	Meatballs/Spaghetti/Sauce Italian Style Vegetables Garlic Bread Pears Diet Pears	Butternut Sq Soup/Crks Turkey w/Gravy Cranberry Sauce Mashed Potatoes Whole Wheat Bread Peaches/Diet Peaches	Cold Plate: Tuna Salad Corn Salad Cucumber Salad Hot Dog Roll Fruit Crisp/Diet Fruit Crisp
Calories: 822 Fat %: 22 Sodium: 609mg	Calories: 671 Fat %: 24 Sodium: 645mg	Calories: 786 Fat %: 27 Sodium: 972mg	Calories: 542 Fat %: 16 Sodium: 495mg	Calories: 781 Fat %: 45 Sodium: 1198mg
21	22	23	24	25
Meatloaf/Gravy Mashed Potatoes Roman Blend Vegetables Whole Wheat Bread Dried Prunes	Honey Mustard Chicken Lyonnaise Potatoes Spinach Oatmeal Bread Chocolate Chip Cookie Diet Cookie	Vegetable Rice Soup/Ckrs Stuffed Shells/Chunky Sc Green Beans Italian Bread Mandarin Oranges Diet Mandarin Oranges	Roast Pork/Gravy Oven Rst Red Potatoes Country Style Vegetables Rye Bread Fruited Jello/Topping Diet Jello	CENTER CLOSED NO MEALS SERVED
Calories: 822 Fat %: 22 Sodium: 609mg	Calories: 866 Fat %: 44 Sodium: 1264mg	Calories: 621 Fat %: 27 Sodium: 899mg	Calories: 710 Fat %: 32 Sodium: 432mg	
28	29	30	31	
MEMORIAL DAY NO MEALS SERVED 	Kielbasa/Mustard Lazy Periogi Broccoli Whole Wheat Bread Peaches Diet Peaches	Chicken/Tarragon Sauce Rice Pilaf Peas Multigrain Bread Pineapple	Chicken NoodleSoup/Ckrs Spinach Quiche Mashed Potatoes Muffin Lemon Pudding Diet Pudding	
	Calories: 775 Fat %: 77 Sodium: 1489mg	Calories: 819 Fat %: 24 Sodium: 1024mg	Calories: 959 Fat %: 37 Sodium: 1080mg	