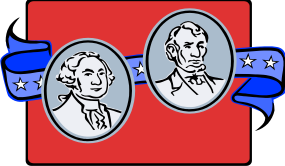


February 2012
WestMass ElderCare Inc. Congregate
Holyoke Congregate, Fairhaven Apts., Birch Bark Place and Hubert Place



4 Valley Mill Rd., Holyoke - Contact the Nutrition Dept. at WestMass ElderCare at 413-538-9020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Vegetable Rice Soup/Crks Stuffed Shells/Meat Sauce Italian Bread Mandarin Oranges Diet Mandarin Oranges	Roast Pork/Gravy Oven Rst Red Potatoes Country Style Vegetables Rye Bread Lemon Pudding Diet Pudding	Meatloaf/Gravy Mashed Potatoes Tuscany Style Vegetables Wheat Bread Cherry Cutie Pie Diet Dessert
		Calories: 710 Fat %: 34 Sodium: 854mg	Calories: 701 Fat %: 31 Sodium: 574mg	Calories: 778 Fat %: 30 Sodium: 922mg
6	7	8	9	10
Pork Patty/Gravy Rice Pilaf Mixed Vegetables Oatmeal Bread Pineapple	Cream Carrot Soup/Crks American Chop Suey Country Style Vegetables Whole Wheat Bread Applesauce	Bnls Brded Chicken Filet Tarragon Sauce Mashed Potatoes Peas Multigrain Bread Peaches/Diet Peaches	Cheese Omelet Baked Tater Tots/Catsup Carrots Apple Cinnamon Muffin Jello/Topping Diet Jello	Pot Roast/Gravy Rst Red Potatoes Corn Wheat Bread Brownie/Diet Dessert
Calories: 749 Fat %: 35 Sodium: 1020mg	Calories: 700 Fat %: 33 Sodium: 748mg	Calories: 781 Fat %: 25 Sodium: 1052mg	Calories: 772 Fat %: 30 Sodium: 1247mg	Calories: 809 Fat %: 29 Sodium: 558mg
13	14	15	16	17
BBQ Pork Riblets Mashed Potatoes Carrots Mixed Fruit Diet Mixed Fruit	Roast Turkey/Gravy Baked Potato/Sour Cream Green Beans Cranberry Sauce Dinner Roll Apple Cutie Pie/Dt Dessert	Minestrone Soup/Crks Lasagna /Meat Sauce Italian Bread Oatmeal Cookie Diet Cookie	Chicken/Italian Style Oven Brown Potatoes Tuscany Style Vegetables Multigrain Bread Pineapple	Fish Cakes/Tartar Sauce Baked Beans Spinach Pumpnickel Bread Mixed Fruit Diet Mixed Fruit
Calories: 593 Fat %: 27 Sodium: 1086mg	Calories: 740 Fat %: 23 Sodium: 581mg	Calories: 846 Fat %: 34 Sodium: 1142mg	Calories: 701 Fat %: 34 Sodium: 1106mg	Calories: 708 Fat %: 29 Sodium: 1586mg
20	21	22	23	24
Presidents' Day No Meals Served 	Swedish Meatballs/Gravy Mashed Potatoes Broccoli Rye Bread Vanilla Pudding Diet Pudding	Apple Juice Macaroni & Cheese Stewed Tomatoes Oatmeal Bread Pears/Diet Pears	Ground Beef Stroganoff Egg Noodles Spinach Rye Bread Peach Cups/Diet Peaches	Beet Soup/Crackers Pollock Wedge Russian Sauce Couscous (minipasta) Pumpnickel Bread Mandarin Oranges Diet Mandarin Oranges
	Calories: 726 Fat %: 33 Sodium: 1043mg	Calories: 623 Fat %: 22 Sodium: 1217mg	Calories: 736 Fat %: 32 Sodium: 710mg	Calories: 657 Fat %: 21 Sodium: 931mg
27	28	29		
Chicken Cacciatori Ziti/Sauce Summer Blend Vegetables Italian Bread Apricots/Diet Apricots	Butternut Sqsh Soup/Crks Roast Pork Apple Cranberry Gravy Baked Potato/Sour Cream Rye Bread Peaches/Diet Peaches	Chicken-ala-King (Cubes) White Rice Winter Mix Vegetables Dinner Roll Tapioca Pudding Diet Pudding		
Calories: 855 Fat %: 28 Sodium: 901mg	Calories: 677 Fat %: 31 Sodium: 518mg	Calories: 690 Fat %: 20 Sodium: 708mg		