

September 2010



WestMass ElderCare Inc. Congregate

Holyoke Congregate, Fairhaven Apts, Birch Bark Place, Hubert Place and Granby COA

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

		1	2	Cold Plate:	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		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	Higher Sodium Meal 10	
<p>Labor Day No Meals Served</p>	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	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	Higher Sodium Meal 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 Strogonoff Egg Noodles Peas & Carrots Oatmeal Bread Chocolate Brownie Diet Dessert	Chicken Pot Pie White Rice Green Beans Biscuit Mandarin Oranges Diet Mandarin Oranges	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