


**February 2012**  
**WestMass ElderCare Inc. Latino HomeBound**  
**Holyoke, Chicopee, Ludlow, Ware and Granby**



4 Valley Mill Rd., Holyoke - Contact your Case Manager 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
		Stuffed Shells/Meat Sauce Green Beans Italian Bread Mandarin Oranges Diet Mandarin Oranges	Latino BBQ Pork Chop Oven Rst Red Potatoes Country Style Vegetables Rye Bread Lemon Pudding Diet Pudding	Latino Chili Verdi White Rice Broccoli Wheat Bread Cherry Cutie Pie Diet Dessert
6	7	8	9	10
Latino Chicken & Macaroni Green Beans Whole Wheat Bread Applesauce	Latino Ground Beef & Sweet Plantains Yellow Rice Roman Blend Vegetables Oatmeal Pineapple	Bnls Breaded Chicken Filet Tarragon Sauce Mashed Potatoes Peas Multigrain Bread Peaches/Diet Peaches	Latino Meatloaf Yellow Rice & Corn Carrots Apple Cinnamon Muffin Jello/Topping Diet Jello	Pot Roast/Gravy Rst Red Potatoes Corn Dinner Roll Brownie/Diet Dessert
13	14	15	16	17
Jamacian Beef Patty Stewed Potatoes Spinach Dinner Roll Peach Cups/Diet Peaches	Roast Turkey/Gravy Baked Potato Green Beans Cranberry Sauce Dinner Roll Apple Cutie Pie/Dt Dessert	Latino Steak & Onions White Rice Italian Blend Vegetables Italian Bread Oatmeal Cookie/Dt Cookie	Chicken/Italian Style Oven Brown Potatoes Tuscany Style Vegetables Multigrain Bread Pineapple	Latino Baked Chicken Yellow Rice & Zucchini Peas Pumpnickel Bread Mixed Fruit/Diet Mixed Frt
20	21	22	23	24
<b>Presidents' Day</b> <b>No Meals Served</b> 	Albondigas Mashed Potatoes Broccoli Rye Bread Coconut Rice Pudding Diet Pudding	Apple Juice Macaroni & Cheese Stewed Tomatoes Pumpnickel Bread Pears/Diet Pears	Latino Turkey Stew White Rice Carrots Mixed Fruit Diet Mixed Fruit	Latino Fish Stew Yellow Rice & Olives Roman Style Vegetables Pumpnickel Bread Mandarin Oranges Diet Mandarin Oranges
27	28	29		
Chicken Cacciatori Ziti/Sauce Summer Blend Vegetables Italian Bread Apricots/Diet Apricots	Pulled Pork Yellow Rice/Pigeon Peas Yuca Rye Bread Flan	Latino Chicken Fricasse Yellow Rice Winter Mix Vegetables Dinner Roll Tapioca Pudding/Diet Pud		