


**September 2010**

**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 Cold Plate
		Latino Steak/Onions Mashed Potatoes Chuckwagon Corn Multigrain Bread Applesauce Diet Applesauce	Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Butternut Squash Oatmeal Bread Frosted Cake Diet Cake	Tuna Macaroni Salad Tomato Cheese Salad Orange Cranberry Muffin Melon
		Calories: 840 Fat %: 42 Sodium: 777 mg	Calories: 828 Fat %: 27 Sodium: 687 mg	Calories: 671 Fat %: 43 Sodium: 675 mg
6	7	8	9	10
Labor Day No Meals Served 	Orange Juice Lat Mac/Cheese/Grnd Beef White Rice Mixed Vegetables Rye Bread Mixed Fruit Diet Mixed Fruit	Baked Chicken Baked Potato Spinach Whole Wheat Bread Peaches Diet Peaches	Shrimp/Rice Stewed Tomatoes Wheat Bread Coconut Rice Pudding Diet Pudding	Tropical Pork/Veg Stew White Rice/Cabbage Pumpnickel Bread German Apple Cake Diet Cake
Calories: 820 Fat %: 20 Sodium: 467 mg	Calories: 626 Fat %: 30 Sodium: 554 mg	Calories: 546 Fat %: 31 Sodium: 1109 mg	Calories: 731 Fat %: 23 Sodium: 807 mg	
13	14	15	16	17 Cold Plate
Jamaican Beef Patty Mashed Potatoes Summer Blend Vegetables Wheat Bread Applesauce Diet Applesauce	Garlic Chicken Roasted Red Potatoes Broccoli Dinner Roll Peaches Diet Peaches	Cranberry Juice LatinoStewBeef/SweetPot White Rice Peas & Carrots Oatmeal Bread Chocolate Brownie Diet Dessert	Pulled Pork Yellow Rice Green Bananas Italian Bread Mandarin Oranges	Crab Salad Tom/Cheese/OnionSalad Corn Salad Rye Bread Gingerbread
Calories: 1152 Fat %: 37 Sodium: 1332 mg	Calories: 660 Fat %: 33 Sodium: 420 mg	Calories: 1049 Fat %: 37 Sodium: 766 mg	Calories: 829 Fat %: 34 Sodium: 677 mg	Calories: 955 Fat %: 40 Sodium: 1849 mg
20	21	22	23	24
Latino Chicken&Macaroni Roman Style Vegetables Wheat Bread Pineapple	Spanish Meatloaf Mashed Potatoes Beets Whole Wheat Bread Cookie Diet Cookie	Vienna Sausage/Rice Italian Green Beans Italian Bread Tropical Fruit Diet Tropical Fruit	Pork Tenderloin/Veg. Oven Rstd Red Potatoes Country Style Vegetables Rye Bread Pudding Diet Pudding	BBQ Chicken Lyonnais Potatoes Spinach Oatmeal Bread Pears Diet Pears
Calories: 539 Fat %: 18 Sodium: 415 mg	Calories: 772 Fat %: 39 Sodium: 713 mg	Calories: 737 Fat %: 48 Sodium: 1779 mg	Calories: 567 Fat %: 23 Sodium: 748 mg	Calories: 616 Fat %: 16 Sodium: 1273 mg
27	28	29	30	
Chicken Fricassee White Rice 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	Orange Juice Grnd Beef/Sweet Plantains YellowRice/Peas & Carrots Whole Wheat Bread Peaches Diet Peaches	Cheese Lasagna Marinara Sauce Ital. Blend Vegetables Italian Bread Chocolate Cake Diet Cake	
Calories: 894 Fat %: 41 Sodium: 457 mg	Calories: 620 Fat %: 15 Sodium: 412 mg	Calories: 937 Fat %: 32 Sodium: 888 mg	Calories: 629 Fat %: 32 Sodium: 1148 mg	