


September 2010

WestMass ElderCare Inc. Homebound  
Holyoke, Chicopee, Ludlow, Ware, Granby and Hubert Place



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	Cold Plate: 3
		Meatballs/Gravy Mashed Potatoes Chuckwagon Corn Multigrain Bread Applesauce Diet Applesauce	Turkey w/ Gravy Cranberry Sauce Mashed Potatoes Butternut Squash 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: 918 Fat %: 25 Sodium: 707 mg	Calories: 1014 Fat %: 58 Sodium: 1023 mg
6	7	8	9	Higher Sodium Meal 10
Labor Day No Meals Served 	Orange Juice Beef & Bean Chili White Rice Mixed Vegetables Rye Bread Mixed Fruit Diet Mixed Fruit	Chicken/ Wine Sauce Baked Potato Spinach Whole Wheat Bread Peaches Diet Peaches	Tuna Noodle Casserole Stewed Tomatoes Wheat Bread Tapioca Pudding Diet Pudding	Knockwurst/Mustard German Potato Salad Cabbage Pumpernickel Bread German Apple Cake Diet Cake
Calories: 866 Fat %: 31 Sodium: 704 mg	Calories: 634 Fat %: 30 Sodium: 618 mg	Calories: 611 Fat %: 25 Sodium: 1129 mg	Calories: 966 Fat %: 47 Sodium: 1718 mg	
13	14	15	16	Higher Sodium Meal 17
Sloppy Joes Mashed Potatoes Summer Blend Hamburger Roll Applesauce Diet Applesauce	Oven Fried Chicken Legs Roasted Red Potatoes Broccoli Dinner Roll Peaches Diet Peaches	Cranberry Juice Beef Stroganoff 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: 943 Fat %: 45 Sodium: 855 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 Italian Bread Tropical Fruit	Roast Pork/Gravy Oven Rst Red Potatoes Country Style Vegetables Rye Bread Pudding Diet Pudding	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: 697 Fat %: 42 Sodium: 1053 mg	Calories: 682 Fat %: 32 Sodium: 581 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	Orange Juice American Chop Suey Peas & Carrots 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: 650 Fat %: 31	Calories: 629 Fat %: 32	

Sodium: 687 mg

Sodium: 412 mg

Sodium: 810 mg

Sodium: 1148 mg