

February 2012
WestMass ElderCare Inc. Nutrition Program
South Hadley COA Congregate



45 Dayton Rd. South Hadley Call 538-5042 for reservations

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Baked Meatloaf Au Gratin Potatoes Corn Gravy Roll Tropical Fruit or Diet Tropical Fruit	Chicken Breast Patties with Gravy Baked Potato Peas & Onions Cornbread Butterscotch Pudding or Diet Butterscotch Pudding	Pollock Loins Wild Rice Zucchini Blend Multi-Grained Roll Cookies or Diet Cookies
6	7	8	9	10
Shepherd's Pie w/Gravy Spinach Biscuit Pears or Diet Pears	BIRTHDAY/ANNIVERSARY Roasted Turkey w/Gravy Mashed Potatoes Roasted Vegetables Cranberry Sauce Cake or Diet Cake	Broccoli & Cheese Quiche Potato Puffs Succotash Roll Pineapple or Diet Pineapple	Stuffed Shells Tomato Sauce Green Beans Garlic Bread Tropical Fruit or Diet Tropical Fruit	CELEBRATE PORTUGAL Portuguese Chicken Stew Buttered Noodles Broccoli & Onions Whole Grained Bread Rice Pudding or Diet Rice Pudding
Higher Sodium Meal 13	 14	15	16	17
Low-Sodium Hot Dogs Baked Beans Rolls Green Beans Orange Juice Pudding or Diet Pudding	VALENTINE'S DAY LUNCHEON Pot Roast w/Au Jus Sauce Au Gratin Potatoes Broccoli Roll Strawberry Cake or Diet Strawberry Cake	Liver & Onions w/Gravy Mashed Potatoes Spinach Whole-Grained Bread Apricots or Diet Apricots	Spinach Quiche Tater Tots California Mixed Vegetables Whole-Grained Roll Pears or Diet Pears	Breaded Pollock Fillets Rice Pilaf Peas & Onions Juice Fruit Cocktail or Diet Fruit Cocktail
20	21	22	Higher Sodium Meal 23	24
Presidents' Day No Meals Served 	Oven Baked Chicken Baked Potato Peas & Mushrooms Cranberry Sauce Cookies or Diet Cookies	Macaroni & Cheese Stewed Tomatoes Green Beans Whole-Grained Roll Apples	Kielbasa Lazy Pierogi Egg Noodles Broccoli & Cauliflower Rye Bread Peaches or Diet Peaches	Cheese Lasagna w/Sauce Italian Blend Vegetables Garlic Bread Jell-O or Diet Jell-O
27	28	29		
Roasted Chicken with Gravy Rice Pilaf Peas Multi-Grained Bread Pineapple or Diet Pineapple	Salisbury Steaks w/Gravy Mashed Potatoes Carrots Roll Juice Brownies or Diet Brownies	Sante Fe Chicken & Onions Scalloped Potatoes Spinach Corn Bread Apricots or Diet Apricots		