


September 2010
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	Higher Sodium Meal	2
		Roasted Chicken w/Gravy Mashed Potatoes Peas/Mushrooms Cranberry Sauce Pudding or Diet Pudding	Kielbasa Lazy Pierogi Carrots Rye Bread Pineapple or Diet Pineapple	Baked Pollock Loins Scalloped Potatoes Spinach Cookies or Diet Cookies
		Calories: 780 Fat %: 32 Sodium: 869 mg	Calories: 871 Fat %: 37 Sodium: 1962 mg	Calories: 637 Fat %: 30 Sodium: 728 mg
6	7	8	9	10
Labor Day No Meals Served 	Broccoli & Cheese Quiche Rice Pilaf Beets & Onions Whole Wheat Bread Juice Pears or Diet Pears	BBQ Chicken Mashed Potatoes Spinach Apricots or Diet Apricots	Cold Plate: Tuna Fish Salad Pasta Salad Three Bean Salad Whole-Grained Roll Jell-O or Diet Jell-O	"CELEBRATE IOWA" Macaroni & Cheese Stewed Tomatoes Rye Bread Apple Crisp or Diet Apple Crisp
Calories: 739 Fat %: 35 Sodium: 870 mg	Calories: 657 Fat %: 39 Sodium: 797 mg	Calories: 638 Fat %: 30 Sodium: 1344 mg	Calories: 934 Fat %: 39 Sodium: 1136 mg	
13	14	15	16	17
Beefsteak Patties w/Sauce Mashed Potatoes Carrots Wheat Bread Brownies or Diet Brownies	BIRTHDAY/ANNIVERSARY Pot Roast w/Gravy Roasted Potatoes Ratatouille Multi-Grain Bread Cake or Diet Cake	Chicken Patty w/Gravy Mashed Potatoes Mixed Vegetables Multi-Grain Bread Applesauce & Raisins or Diet Applesauce & Raisins	Ground Beef Stroganoff Noodles Squash Whole Grain Bread Juice Pineapple or Diet Pineapple	Cheese Lasagna w/Sauce Peas Tossed Salad Garlic Bread Tropical Fruit or Diet Tropical Fruit
Calories: 806 Fat %: 47 Sodium: 982 mg	Calories: 962 Fat %: 36 Sodium: 780 mg	Calories: 739 Fat %: 38 Sodium: 849 mg	Calories: 810 Fat %: 39 Sodium: 747 mg	Calories: 600 Fat %: 26 Sodium: 1130 mg
Higher Sodium Meal	21	22	23	24
Ham w/Pineapple Sauce Sweet Potatoes Romano Blend Vegetables Rye Bread Mandarin Oranges or Diet Mandarin Oranges	Cold Plate: Egg Salad Potato Salad Cucumber Salad Roll Banana	55+ WEDDING ANNIVERSARIES Roasted Pork w/Gravy Mashed Potatoes Wax Beans & Tomatoes Biscuit Cake or Diet Cake	Salisbury Steaks w/Gravy Egg Noodles Winter Blend Whole Grain Bread Pudding or Diet Pudding	Almond Pollock Mashed Potatoes Zucchini Blend Fruit Cocktail or Diet Fruit Cocktail
Calories: 562 Fat %: 21 Sodium: 1624 mg	Calories: 803 Fat %: 35 Sodium: 995 mg	Calories: 982 Fat %: 41 Sodium: 1036 mg	Calories: 821 Fat %: 37 Sodium: 852 mg	Calories: 622 Fat %: 36 Sodium: 943 mg
27	28	29	30	
Veal Parmesan Pasta w/Sauce Broccoli Garlic Bread Jell-O or Diet Jell-O	Sweet & Sour Chicken Confetti Rice Peas & Onions Whole-Grain Bread Tropical Fruit or Diet Tropical Fruit	Liver & Onions Baked Potatoes Green Beans Wheat Bread Peaches or Diet Peaches	Mild Beef Chili w/Beans Rice Brussels Sprouts Cornbread Cookies or Diet Cookies	
Calories: 749 Fat %: 26	Calories: 983 Fat %: 31	Calories: 728 Fat %: 23	Calories: 841 Fat %: 34	

Sodium: 701 mg

Sodium: 421 mg

Sodium: 967 mg

Sodium: 1226 mg