


WestMass ElderCare - Cardiac Menu - September 2020

Serving Holyoke, Chicopee, South Hadley, Granby, Ludlow, and Ware

** Please be aware that substitutions may occur without notice **

Please make cancelations at least 24 hours in advance - Call the Nutrition Dept. at (413) 538-9020.

Suggested, Confidential, Voluntary Donation of **\$2.25** is requested per meal

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach	Pasta with Bolognese Sauce Italian Vegetable Medley	Turkey Medallions with Cran-Raspberry Sauce Zucchini & Corn Veg /Bean Medley	Breaded Fish Mashed Potatoes Italian Blend	Meatballs with Penne Pasta in Marinara Sauce Steamed Broccoli Italian Vegetables	Cheese Omelet Roasted Parsley Potatoes Fruited Granola
	Fat: 6 g Sodium: 460 mg Calories: 270	Fat: 14 g Sodium: 430 mg Calories: 390	Fat: 5 g Sodium: 500 mg Calories: 310	Fat: 10 g Sodium: 286 mg Calories: 335	Fat: 12 g Sodium: 340 mg Calories: 340	Fat: 11 g Sodium: 400 mg Calories: 340
7	8	9	10	11	12	13
No Meal Service 	Runaway Bay Chicken Corn Capri Blend	Thai Ginger Chicken w/ Red Curry Sauce Flat Beans Carrots	Roast Turkey /Gravy Sweet Potato Green Beans	Cheese Omelet Roasted Parsley Potatoes Fruited Granola	Chicken Garden Casserole over Rice with Summer Vegetables	Meatloaf with Apple-Brown Gravy Diced Potatoes Stewed Tomatoes
HAPPY LABOR DAY	Fat: 20 g Sodium: 415 mg Calories: 516	Fat: 9 g Sodium: 200 mg Calories: 260	Fat: 5 g Sodium: 497 mg Calories: 297	Fat: 11 g Sodium: 400 mg Calories: 340	Fat: 4 g Sodium: 150 mg Calories: 330	Fat: 20 g Sodium: 400 mg Calories: 410
14	15	16	17	18	19	20
Garlic Meatballs Egg Noodles Broccoli Pineapple	Steak Patty with Mushroom Gravy Garlic Mashed Potato Tri-Vegetable Medley	Chicken Garden Casserole over Rice with Summer Vegetables	Meatballs with Penne Pasta in Marinara Sauce Steamed Broccoli Italian Vegetables	White Fish Filet Cheesy Mashed Potato Mixed Vegetables	Pasta with Bolognese Sauce Italian Vegetable Medley	Turkey Medallions with Cran-Raspberry Sauce Zucchini & Corn Veg /Bean Medley
Fat: 16 g Sodium: 257 mg Calories: 403	Fat: 16 g Sodium: 430 mg Calories: 360	Fat: 4 g Sodium: 150 mg Calories: 330	Fat: 12 g Sodium: 340 mg Calories: 340	Fat: 9 g Sodium: 420 mg Calories: 500	Fat: 14 g Sodium: 430 mg Calories: 390	Fat: 5 g Sodium: 500 mg Calories: 310
21	Taco Tuesday	23	24	25	26	27
Meatloaf with Apple-Brown Gravy Diced Potatoes Stewed Tomatoes	Beef/Bean Mix Yellow Rice Corn Flour Tortilla	Pasta with Bolognese Sauce Italian Vegetable Medley	Pot Roast Mashed Potatoes Stewed Tomato/Zucchini	Salmon in Dill Sauce Confetti Rice Green Bean Almondine	Meatballs with Penne Pasta in Marinara Sauce Steamed Broccoli Italian Vegetables	Cheese Omelet Roasted Parsley Potatoes Fruited Granola
Fat: 20 g Sodium: 400 mg Calories: 410	Fat: 13 g Sodium: 462 mg Calories: 522	Fat: 14 g Sodium: 430 mg Calories: 390	Fat: 6 g Sodium: 490 mg Calories: 285	Fat: 12 g Sodium: 276 mg Calories: 335	Fat: 12 g Sodium: 340 mg Calories: 340	Fat: 11 g Sodium: 400 mg Calories: 340
28	29	30				
Thai Ginger Chicken w/ Red Curry Sauce Flat Beans Carrots	Swedish Meatballs Egg Noodles Broccoli	Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach				
Fat: 9 g Sodium: 200 mg Calories: 260	Fat: 16 g Sodium: 395 mg Calories: 462	Fat: 6 g Sodium: 460 mg Calories: 270				

Nutritional information on this menu is for the entrée ONLY. **An 8 oz lowfat milk, a slice of bread, and 4 oz fruit adds approximately 250 to 330 mg of sodium per meal.

Weekend meals are provided to authorized clients only.