

# WestMass ElderCare Congregate Meal Sites





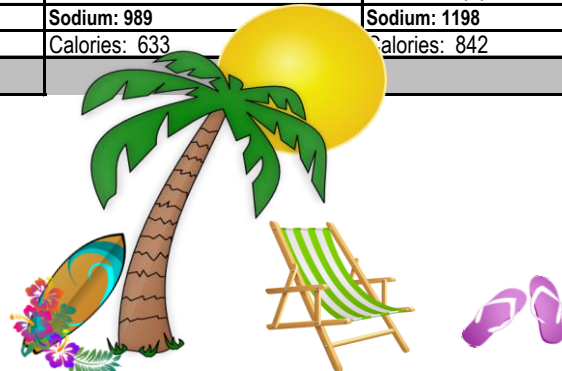
## Holyoke, Chicopee, & Granby

### July 2017 MENU

**Meal cancelations:** please call (413) 437-1793 and leave a message.

**Questions concerning your meals:** please call our Nutrition Department at (413) 538-9020.

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

3	No Meal Service 4	5	International Meal 6	Cold Plate 7
Sweet & Sour Meatballs (307) Egg Fried Rice (133) Oriental Veg Blend (21) Whole Wheat Bread (160) Peaches (5) Orange Juice (26) Sodium: 749 Calories: 682		BBQ Pulled Pork (211) White Rice & Beans (111) Peas & Carrots (90) Oatmeal Bread (230) Mandarin Oranges (5) Sodium: 755 Calories: 591	Greek Lemon Chicken (320) Orzo Tarragon w/ Peas (9) Chickpea/Cuke Salad (276) Pita Bread (161) Frosted Lemon Cake (300) Dt: Angel Food Cake Sodium: 1178 Calories: 1029	Tuna Salad / Lettuce (330) Three Bean Salad (204) Tri-Color Pasta/Veg (33) Wheat Bread (115) Tropical Fruit (10) Orange Juice (26) Sodium: 826 Calories: 957
10	11	Hot Fudge Sundae Day 12	13	Bastille Day 14
BBQ Ribette (410) Mashed Sweet Potato (42) Corn & Red Peppers (2) Pumpernickel Bread (154) Peaches (5) Orange Juice (26) Sodium: 746 Calories: 676	Lasagna with Meat Sauce (347) Italian Style Veg (50) Breadstick (240) Mixed Fruit (5) Sodium: 749 Calories: 674	Baked Cranberry Chicken (421) Confetti Couscous (15) Tossed Salad/Ranch (138) Garlic Bread (239) Hot Fudge Sundae (35)  Sodium: 980 Calories: 893	Roast Turkey / Gravy (453) Mashed Potato (46) Brussels Sprouts (12) Multigrain Bread (200) Pears (5) Cranberry Sauce (4) Sodium: 826 Calories: 529	French Chicken & Sausage Cassoulet White Rice (4) Jardiniere Blend Veg (50) Dinner Roll (160) Éclair (219) SF Chocolate Pudding Sodium: Calories:
17	High Sodium Day 18	19	July Birthday Celebrations 20	Soup 'n Sandwich 21
Salisbury Steak/Gravy (424) Red Bliss Potato (6) Stewed Tom/Zucchini (248) Rye Bread (150) Pineapple (1) Orange Juice (26) Sodium: 963 Calories: 777	***Hot Dog Bar*** Hot Dog (540) Bun (210) Fixins : Chili (31), Cheese (91) Raw onion, Relish Baked Beans (467) Chickpea/Bean Salad (130) Watermelon (2) Sodium: 1471 Calories: 928	Chicken Bruschetta (624*) Rigatoni in Sauce (128) Flat Green Beans (2) Potato Bread (170) Fruited Jell-O / Whip (43) SF Fruited Jell-O Sodium: 1074 Calories: 710	Yankee Pot Roast/Gravy (122) Boiled Potato (268) Sliced Carrots (44) Dinner Roll (160) Birthday Cake (330) Dt: Angel Food  Sodium: 1031 Calories: 744	Minestrone Soup (157) Chicken/Apple Salad (221) Bun (230) Shredded Lettuce German Potato Salad (215) Fresh Cantaloupe (7) Orange Juice (26) Sodium: 964 Calories: 761
24	25	26	27	28
Chicken w/ Orange Glaze (113) Brown Rice Pilaf (12) Broccoli (9) Whole Wheat Bread (160) Mixed Fruit (10)  Sodium: 406 Calories: 595	Hamburger (77)/ Bun (230) Potato Wedges (161) Mixed Vegetables (43) Brownie (150) SF Chocolate Chip Cookie Ketchup x2 (163) Sodium: 661 Calories: 616	Tex Mex Pasta (672*) Wax Beans (3) Multigrain Bread (200) Mandarin Oranges (6) Sodium: 989 Calories: 633	Italian Sausage Bites w/ Onions & Peppers in Tomato Sauce over Rotini Pasta (751*) Tossed Salad / French (104) Italian Bread (230) Peaches (5) Sodium: 1198 Calories: 842	Haddock Parmesan (609*) Baked Potato Half (4) Spinach (76) Oatmeal Bread (230) Tapioca Pudding / Whip (121) SF Vanilla Pudding Sour Cream Sodium: 1146 Calories: 595
31				
Seasoned Baked Chicken (237) Scalloped Potato (51) Peas & Onions (34) Potato Bread (170) Pears (4) Orange Juice (26) Sodium: 630 Calories: 815				

Average percent of calories coming from fat is 26.1%

Sodium content (mg) is listed in parentheses after each food item.

Calories and Sodium listed are for the entire meal including all 8 oz milk (1%), containing ~100 calories & ~100 mg sodium.