

# WestMass ElderCare Congregate Meal Sites








## Holyoke, Chicopee, & Granby

### January 2018 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*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>New Year's Meal 4</b>	<b>5</b>
<p><i>No Meals Served</i></p> 	<p>Cheese Omelet (380) Hash Brown Crowns (370) Sauteed Onion/Peppers (28) Snack Loaf (239) Mandarin Oranges (6) Ketchup (82) Sodium 1130 Calories: 636</p>	<p>Chicken Parmesan (607*) Ziti w/Marinara (118) Tossed Salad/French (104) Wheat Bread (115) Orange (1) Sodium: 1055 Calories: 793</p>	<p>French Meat Pie w/Gravy (402) Mashed Potatoes (46) Gingered Carrots (105) Dinner Roll (160) Spice Cake/Frosing (207) Dt: Angel Food Cake Sodium: 1027 Calories: 1021</p>	<p>Haddock Newburg (432) Baked Potato (7) Jardiniere Style Veg (50) Oatmeal Bread (230) Pears (5) Sour Cream Sodium 844 Calories: 652</p> 
<b>8</b>	<b>9</b>	<b>Soup Bar 10</b>	<b>11</b>	<b>12</b>
<p>Chicken/Apricot Glaze (323) Harvest Rice (8) Green Peas (58) Multigrain Bread (200) Tropical Fruit (10) Sodium 706 Calories: 629</p>	<p>Stuffed Shells/Meat Sauce (417) Tossed Salad/Italian (123) Italian Bread (230) Peaches (5) Sodium 883 Calories: 648</p>	<p><b>**Make Your Own Soup**</b> Choice of Broth, Chicken, Rice, Veggies &amp; Toppings WW Dinner Roll (190) Brownie (150) SF Cookie </p>	<p>Beef Burgundy/Mshrms (128) Egg Noodles (6) Carrots &amp; Cauliflower (42) Rye Bread (150) Fruit Cobbler /Whip (52) SF Fruit Cobbler Sodium 657 Calories: 486</p>	<p>Salmon Boat w/ Dill Sauce (386) Mashed Potato (46) California Veg (17) Whole Wheat Bread (160) Mixed Fruit (5) Sodium 722 Calories: 516</p>
<b>MLK Day 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p><i>No Meals Served</i></p> 	<p>Chicken in Savory Sauce (331) AuGratin Potato (195) Zucchini Blend (36) Wheat Bread (115) Pears (4) Sodium 754 Calories: 660</p>	<p>Shepherd's Pie (112) Carrots (45) Pumpnickel Bread (154) Choc Chip Cookie SF Cookie (150) Sodium 521 Calories: 647</p>	<p>Penne Chicken Alfredo (616*) Broccoli (9) Garlic Breadstick (240) Pineapple (1) Sodium: 973 Calories: 1018</p>	<p>Alphabet Soup (95) Breaded Pollock (150) Red Bliss Potatoes (5) Oatmeal Bread (230) Chocolate Pudding/Whip (190) SF Choc Pudding Sodium 1178 Calories: 806</p>
<b>22</b>	<b>Taco Tuesday 23</b>	<b>24</b>	<b>Birthdays Celebrations 25</b>	<b>26</b>
<p>BBQ Chicken (w/bone) (251) Sweet Potatoes (42) Winter Mix (31) Potato Bread (170) Peaches (5) Sodium 612 Calories: 654</p> 	<p>Beef &amp; Bean Mix (184) Yellow Rice (190) Lettuce (1), Cheese (183) Corn (1), Salsa (182) Tortilla Chips (46) Mandarin Oranges (6) Sour Cream pc (13) Sodium: 913 Calories: 850</p>	<p>Spaghetti w/ Meatballs (339) Tossed Salad/Ranch (123) Garlic Bread (239) Tropical Fruit (10) Sodium: 820 Calories: 822</p>	<p>Yankee Pot Roast (122)/Gravy Boiled Potatoes (207) Carrots (44) Biscuit (340) Chocolate B-Day Cake (330) Diet: Angel Food Cake Sodium 1150 Calories: 747</p> 	<p>Broccoli &amp; Cheese Quiche (394) Hash Brown Crowns (370) Mixed Vegetables (43) WW Dinner Roll (160) Fruited Jell-O w/Whip (43) SF Fruited Jell-O (43) Sodium 1117 Calories: 770</p>
<b>29</b>	<b>30</b>	<b>International Meal 31</b>		
<p>Hearty Veggie Bean Soup (96) Salisbury Steak/Gravy (424) Scalloped Potato (51) Oatmeal Bread (230) Mixed Fruit (5) Sodium 913 Calories: 867</p>	<p>Italian Sausage Bites w/ Onions &amp; Peppers over Rotini Pasta/Sauce (741*) Tossed Salad/Italian (123) Wheat Bread (115) Fresh Fruit (1) Sodium 1088 Calories: 793</p>	<p>Latino Shaved Pork (197) Soupy Beans (99) Yellow Rice (190) Whole Wheat Bread (160) Mandarin Oranges (5) Sodium 761 Calories: 771</p>		

Average percent of calories coming from fat is 25.1 %

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

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