



# WestMass ElderCare Congregate Meal Sites Holyoke, Chicopee, & Granby November 2018

**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
			1	2
			Broccoli & Cheese Quiche (394) Hash Browns (249) Mixed Vegetables (43) Wheat Bread (115) Mixed Fruit (5)	Breaded Fish (190) Tuxedo Rice (34) Spinach (76) Dinner Roll (160) Fruited Jell-O/Whip (43) SF Fruited Jell-O
			Sodium: 913 Calories: 744	Sodium: 602 Calories: 501
5	<b>Taco Tuesday</b>	7	8	9
Chicken Marsala (428) Scalloped Potatoes (51) Broccoli/Red Peppers (9) Whole Wheat Bread (160) Peaches (5)	Beef & Bean Mix (184) Yellow Rice (8) Lettuce (1), Cheese (183) Corn (1), Salsa (182) Tortilla Chips (46) Mandarin Oranges (6) Sour Cream pc (13)	Pasta with Meatballs in Tomato Sauce (326) Tossed Salad/Italian (123) Garlic Bread (239) Chocolate Chip Cookies (105) SF Choc Chip	Cream of Broccoli (146) Roast Pork w/ Apple & Raisin Gravy (59) Mashed Sweet Potato (42) Potato Bread (170) Pumpkin Pudding/Whip (220) SF Pumpkin whip	Haddock Newburg (335) Rice Pilaf (5) California Blend (27) WW Dinner Roll (160) Pears (5)
Sodium: 760 Calories: 681	Sodium: 716 Calories: 699	Sodium: 917 Calories: 866	Sodium: 737 Calories: 945	Sodium: 630 Calories: 558
12	13	14	15	16
<i>Veteren's Day No Meals Served</i> 	Hamburger (77) / Bun (230) Tator Tots (249) Mixed Vegetables (43) Pineapple (1) Ketchup x2 (82)	Roast Turkey w/ Gravy (484) Mashed Potatoes (46) Herb Stuffing (134) Brussels Sprouts (12) Dinner Roll (160) Pumpkin/SF Pie/ Whip (289) Cranberry sauce	Sweet & Sour Baked Chicken (182) Sesame Noodles (465) Oriental Veg Blend (21) Biscuit (340) Strawberry Cup / Whip (0)	Butternut Squash Soup (73) Potato Pollock (270) Harvest Rice (6) Broccoli (9) Oatmeal Bread (230) Fresh Apple (1) Tartar Sauce
	Sodium: 656 Calories: 538	Sodium: 1128 Calories: 736	Sodium: 1039 Calories: 899	Sodium: 850 Calories: 699
19	20	21	22	23
BBQ Pork Loin (211) White Rice/Black Beans (111) Creamed Spinach (147) WW Dinner Roll (160) Mandarin Oranges (5)	Oven Fried Drumstick (450) Side of Mac 'n Cheese (315) Peas & Onions (34) Whole Wheat Bread (160) Tropical Fruit (10)	Meatloaf w/ Gravy (349) Mashed Potatoes (46) Winter Mix (31) Multigrain Bread (200) Butterscotch Pudding/Whip SF Pudding (246)	<i>No Meals Served</i>  <b>HAPPY THANKSGIVING!</b>	Cheese Omelet (380) Sautéed Onions/Peppers (28) Hash Brown Crowns (278) Snack Loaf (160) PB Cookie / SF Cookie (190) Ketchup
Sodium: 735 Calories: 637	Sodium: 1068 Calories: 663	Sodium: 980 Calories: 676	Sodium: Calories:	Sodium: 1135 Calories: 709
26	27	28	29	30
Swedish Meatballs (374) Egg Noodles (6) Beets (174) Rye Bread (154) Pineapple (1)	<b>Higher Sodium Meal</b> Chicken Parmesan (607*) Noodles & Marinara (118) Tossed Salad/Italian (123) Garlic Bread (239) Pears (4)	Sloppy Joes (394) Potato Wedges (161) Corn (1) Hamburger Bun (230) Mandarin Oranges (5) Ketchup	Pot Roast / Gravy (122) Mashed Potato (46) Ginger Carrots (105) Multigrain Bread (200) Vanilla Birthday Cake (305) Diet: Angel Food Cake	Stuffed Pepper Soup (247) Salmon Boat/Dill Sauce (386) Confetti Rice (38) Dinner Roll (160) Jell-O /Whip (53) SF Jell-O
Sodium: 806 Calories: 657	Sodium: 1196 Calories: 825	Sodium: 900 Calories: 665	Sodium: 886 Calories: 831	Sodium: 983 Calories: 669

Average percent of calories coming from fat is 23.4 %

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.