





WestMass ElderCare Congregate Meal Sites

Holyoke, Chicopee, & Granby

January 2019 MENU

For Meal Cancellations or Questions About Your meal: please call the 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 |
|--|---|--|---|---|
| | New Year's Day 1 | 2 | 3 | 4 |
|  | No Meal Service  | Chicken Ala King (122) Egg Noodles (5) Green Beans (2) Wheat Bread (115) Tropical Fruit (10) Sodium: 357 Calories: 712 | Lasagna w/ Meat Sauce (347) Italian Style Veg (50) Garlic Bread (239) Choc Chip cookie (105) SF Choc Chip Cookie Sodium: 841 Calories: 814 | Minestrone Soup (157) Breaded Fish Filet (190) AuGratin Potatoes (195) Club Roll (340) Pears (5) Tartar Sauce (260**) Sodium 985 Calories: 844 |
| 7 | 8 | 9 | New Year's Meal 10 | 11 |
| Garlic Chicken Breast (340) Seasoned Rice (8) Green Peas (58) Multigrain Bread (200) Mandarin Oranges (7) Sodium 713 Calories: 604 | Penne Pasta & Meatballs in Tomato Sauce (338) Tossed Salad/Italian (123) Garlic Bread (239) Peaches (5) Sodium 806 Calories: 735 | Chicken Noodle Soup (26) BBQ Ribette (410) Mashed Sweet Potato (42) Broccoli (9) Potato Bread (170) Chocolate Pudding/Whip (190) SF Choc Pudding Sodium: 946 Calories: 730 | French Meat Pie/Gravy (438) Mashed Potatoes (46) Gingered Carrots (105) Dinner Roll (160) Apple Dump Cake /Whip (228) SF Apple Dump Cake Sodium: 1077 Calories: 1113 | Salmon Boat w/ Dill Sauce (333) Confetti Rice (38) California Veg (17) Whole Wheat Bread (160) Mixed Fruit (5) Sodium 652 Calories: 530 |
| 14 | Taco Tuesday 15 | 16 | 17 | 18 |
| Cabbage Chicken Soup (41) Chicken in Wine Sauce (340) Egg Noodles (5) Meadow Blend (16) Wheat Bread (115) Brownie (150) SF Cookie Sodium 766 Calories: 826 | Beef & 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 | Broccoli & Cheese Quiche (394) O'Brien Potatoes (65) Mixed Vegetables (43) WW Dinner Roll (190) Fruited Jell-O w/Whip (43) SF Fruited Jell-O (43) Sodium 834 Calories: 988 | Cheeseburger Pie (507*) Potato Wedges (161) Green Beans (2) Wheat Bread (115) Tropical Fruit (10) Ketchup (82**) Sodium 896 Calories: 721 | Haddock Parmesean (609*) Baked Potato (7) Tuscany Style Veg (48) Oatmeal Bread (230) Peaches (5) Sour Cream (13**) Sodium 999 Calories: 624 |
| 21 | 22 | 23 | Birthdays Celebrations 24 | 25 |
| <i>No Meals Served</i>  | Hamburger (77) Potato Chips (80) Mixed Vegetables (43) Hamburger Bun (230) Pineapple (1) Ketchup (82**) Sodium: 613 Calories: 511 | Chicken in Country Gravy (675*) Garlic Mashed Potato (46) Broccoli (9) Whole Wheat Bread (160) Pears (4) Sodium: 993 Calories: 591 | Yankee Pot Roast/Gravy (158) Boiled Potatoes (268) Carrots (44) Dinner Roll (160) Vanilla B-Day Cake (305) Diet: Angel Food Cake Sodium 1035 Calories: 732 | Tomato-Basil Soup (186) Mac 'n Cheese (629*) Green Peas (58) Snack Loaf (160) Mixed Fruit (5) Sodium: 1138 Calories: 856 |
| 28 | 29 | 30 | 31 | |
| Salisbury Steak/Gravy (460) Scalloped Potato (51) Spinach (76) Potato Bread (170) Mandarin Oranges (7) Sodium 864 Calories: 838 | Italian Sausage Bites w/ Onions & Peppers over Rotini Pasta/Sauce (751*) Tossed Salad/Ranch (123) Rye Bread (150) Apples & Cinnamon (10) Sodium 1134 Calories: 826 | Corn Chowder (120) Oven Fried Drumstick (450) Mashed Sweet Potato (42) Biscuit (340) Strawberry Cup/Whip (0) Sodium 1052 Calories: 703 | Roast Turkey /Gravy (453) Mashed Potatoes (46) Green Beans (2) Whole Wheat Bread (160) Lemon Pudding/Whip (200) SF Pudding Sodium 962 Calories: 583 |  |

Average percent of calories coming from fat is 23.2 %

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.