







WestMass ElderCare Homebound Holyoke, Chicopee, Granby, Ludlow & Ware 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
1	2	3	New Year's Meal 4	5
<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</p> <p>Sodium 1130 Calories: 636</p>	<p>Chicken Parmesan (607*) Ziti w/Marinara (118) Italian Veg Blend (50) Wheat Bread (115) Orange (1)</p> <p>Sodium: 1000 Calories: 774</p>	<p>Meatloaf / Gravy (349) Mashed Potatoes (46) Gingered Carrots (105) Dinner Roll (160) Spice Cake/Frosting (207) Diet: Angel Food Cake</p> <p>Sodium: 967 Calories: 740</p>	<p>Haddock Newburg (432) Baked Potato Half (4) Jardiniere Style Veg (50) Oatmeal Bread (230) Pears (5)</p>  <p>Sodium 830 Calories: 597</p>
8	9	10	11	12
<p>Chicken/Apricot Glaze (323) Harvest Rice (8) Green Peas (58) Multigrain Bread (200) Tropical Fruit (10)</p> <p>Sodium 706 Calories: 629</p>	<p>Stuffed Shells/Meat Sauce (417) Roman Style Veg (26) Italian Bread (230) Peaches (5)</p> <p>Sodium 786 Calories: 624</p>	<p>BBQ Ribette (410) Mashed Sweet Potato (42) Creamed Spinach (146) WW Dinner Roll (190) Brownie (150) SF Cookie (150)</p> <p>Sodium 1046 Calories: 814</p>	<p>Beef Burgundy/Mshrms (128) Egg Noodles (6) Carrots & Cauliflower (42) Rye Bread (150) Fruit Cobbler/ Whip (52) SF Fruit Cobbler</p> <p>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)</p> <p>Sodium 722 Calories: 516</p>
MLK Day 15	16	17	18	19
<p><i>No Meals Served</i></p> 	<p>Chicken in Savory Sauce (331) AuGratin Potato (195) Zucchini Blend (36) Wheat Bread (115) Pears (4)</p> <p>Sodium 754 Calories: 660</p>	<p>Shepherd's Pie (112) Carrots (45) Pumpnickel Bread (154) Choc Chip Cookie SF Cookie (150)</p> <p>Sodium 521 Calories: 647</p>	<p>Penne Chicken Alfredo (616*) Broccoli (9) Italian Bread (230) Pineapple (1)</p> <p>Sodium: 973 Calories: 1018</p>	<p>Breaded Pollock (150) Red Bliss Potatoes (5) Stewed Tom/Zucchini (248) Oatmeal Bread (230) Chocolate Pudding/Whip (190) SF Choc Pudding</p> <p>Sodium 1083 Calories: 759</p>
22	Taco Tuesday 23	24	Birthday Celebrations 25	26
<p>BBQ Chicken (w/bone) (251) Sweet Potatoes (42) Winter Mix (31) Potato Bread (170) Peaches (5)</p>  <p>Sodium 612 Calories: 654</p>	<p>Beef & Bean/Cheese (275) Yellow Rice (190) Corn (1) Flour Tortilla (146) Mandarin Oranges (6)</p> <p>Sodium: 916 Calories: 850</p>	<p>Spaghetti w/ Meatballs (339) Italian Veg Blend (50) Italian Bread (230) Tropical Fruit (10)</p> <p>Sodium: 737 Calories: 713</p>	<p>Yankee Pot Roast (122)/Gravy Boiled Potatoes (207) Carrots (44) Biscuit (340) Chocolate B-Day Cake (330) Diet: Angel Food Cake</p>  <p>Sodium 1150 Calories: 747</p>	<p>Broccoli & 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)</p> <p>Sodium 1117 Calories: 770</p>
29	30	International Meal 31		
<p>Salisbury Steak/Gravy (424) Scalloped Potato (51) Stewed Tomatoes (248) Oatmeal Bread (230) Mixed Fruit (5)</p> <p>Sodium 1066 Calories: 881</p>	<p>Italian Sausage Bites w/ Onions & Peppers over Rotini Pasta/Sauce (741*) Broccoli (9) Wheat Bread (115) Fresh Fruit (1)</p> <p>Sodium 973 Calories: 774</p>	<p>Latino Shaved Pork (197) Soupy Beans (99) Yellow Rice (190) Whole Wheat Bread (160) Mandarin Oranges (5)</p> <p>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.