

WestMass ElderCare Homebound


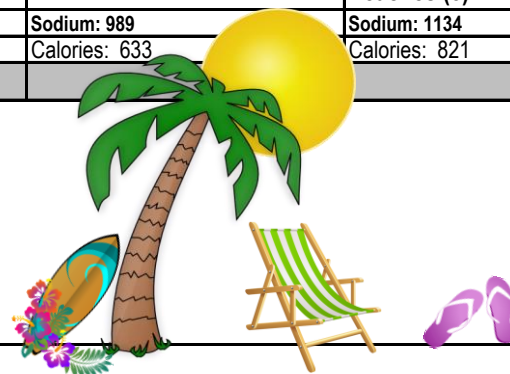
Holyoke, Chicopee, Granby, Ludlow & Ware

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*

Monday	Tuesday	Wednesday	Thursday	Friday
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)		BBQ Pulled Pork (211) White Rice & Beans (111) Peas & Carrots (90) Oatmeal Bread (230) Mandarin Oranges (5)	Greek Lemon Chicken (320) Orzo Tarragon w/ Peas (9) Chickpea/Cuke Salad (276) Pita Bread (161) Frosted Lemon Cake (300) Dt: Angel Food Cake	Tuna Salad / Lettuce (330) Three Bean Salad (204) Tri-Color Pasta/Veg (33) Wheat Bread (115) Tropical Fruit (10)
Sodium: 723 Calories: 592		Sodium: 755 Calories: 591	Sodium: 1178 Calories: 1029	Sodium: 800 Calories: 867
10	11	12	13	Bastille Day 14
BBQ Ribette (410) Mashed Sweet Potato (42) Corn & Red Peppers (2) Pumpernickel Bread (154) Peaches (5)	Lasagna with Meat Sauce (347) Italian Style Veg (50) Breadstick (240) Mixed Fruit (5)	Baked Cranberry Chicken (421) Confetti Couscous (15) Meadow Blend Veg (20) Oatmeal Bread (230) Fruit-Filled Cookie (65) SF Cookie	Roast Turkey / Gravy (453) Mashed Potato (46) Brussels Sprouts (12) Multigrain Bread (200) Pears (5) Cranberry Sauce (4)	French Chicken & Sausage Cassoulet White Rice (4) Jardiniere Blend Veg (50) Dinner Roll (160) Vanilla Pudding/Choc Whip SF Chocolate Pudding
Sodium: 720 Calories: 596	Sodium: 749 Calories: 674	Sodium: 858 Calories: 827	Sodium: 826 Calories: 529	Sodium: Calories:
17	High Sodium 18	19	July Birthday Celebrations 20	Cold Plate 21
Salisbury Steak/Gravy (424) Red Bliss Potato (6) Stewed Tom/Zucchini (248) Rye Bread (150) Pineapple (1)	Hot Dog (540) Bun (210) Baked Beans (467) French Green Beans (2) Watermelon Cup (7)	Chicken Bruschetta (624*) Rigatoni in Sauce (128) Flat Green Beans (2) Potato Bread (170) Fruited Jell-O / Whip (43) SF Fruited Jell-O	Yankee Pot Roast/Gravy (122) Boiled Potato (268) Sliced Carrots (44) Dinner Roll (160) Birthday Cake (330) Dt: Angel Food	Chicken/Apple Salad (221) Bun (230) Shredded Lettuce German Potato Salad (215) Carrot Raisin Salad (179) Fresh Cantaloupe (7)
Sodium: 937 Calories: 687	Sodium: 1329 Calories: 744	Sodium: 1074 Calories: 710	Sodium: 1031 Calories: 744	Sodium: 960 Calories: 793
24	25	26	27	28
Chicken w/ Orange Glaze (113) Brown Rice Pilaf (12) Broccoli (9) Whole Wheat Bread (160) Mixed Fruit (10)	Hamburger (77)/ Bun (230) Potato Wedges (161) Mixed Vegetables (43) Brownie (150) SF Chocolate Chip Cookie Ketchup x2 (163)	Tex Mex Pasta (672*) Wax Beans (3) Multigrain Bread (200) Mandarin Oranges (6)	Italian Sausage Bites w/ Onions & Peppers in Tomato Sauce over Rotini Pasta (751*) Italian Style Veg (40) Italian Bread (230) Peaches (5)	Haddock Parmesan (609*) Baked Potato Half (4) Spinach (76) Oatmeal Bread (230) Tapioca Pudding /Whip (121) SF Vanilla Pudding
Sodium: 406 Calories: 595	Sodium: 661 Calories: 616	Sodium: 989 Calories: 633	Sodium: 1134 Calories: 821	Sodium: 1146 Calories: 595
31				
Seasoned Baked Chicken (237) Scalloped Potato (51) Peas & Onions (34) Potato Bread (170) Pears (4)				
Sodium: 604 Calories: 715				

Average percent of calories coming from fat is 25.9%

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.