


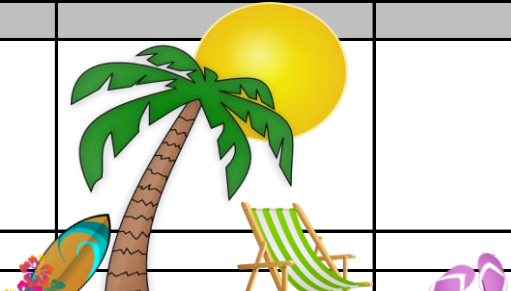


# WestMass ElderCare Homebound Latino Holyoke, Chicopee, Granby, Ludlow & Ware July 2017 MENU

**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
<b>3</b>	<b>No Meal Service 4</b>	<b>5</b>	<b>International Meal 6</b>	<b>Cold Plate 7</b>
Albondigas/Garlic Sauce (211) Yellow Rice & Olives (69) Blended Veg (31) Whole Wheat Bread (160) Peaches (5)		Latino BBQ Pulled Pork (203) White Rice (4) Soupy Beans (99) Oatmeal Bread (230) Mandarin Oranges (6)	Greek Lemon Chicken (320) Orzo Tarragon w/ Peas (9) Chickpea/Cuke Salad (276) Pita Bread (161) Frosted Lemon Cake (300) Dt: Angel Food Cake	Green Banana Salad w/ Shrimp & Crab (825) Latino Cole Slaw (63) Wheat Bread (115) Tropical Fruit (10)
Sodium: 571 Calories: 543	Calories:	Sodium: 650 Calories: 769	Sodium: 1178 Calories: 1029	Sodium: 1113 Calories: 556
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Jamaican Beef Patty (475) Stewed Potato (299) Corn / Red peppers (2) Pumpnickel Bread (154) Peaches (5)	Pastelone (276) Yellow Rice/Cilantro (190) Italian Style Veg (50) Breadstick (240) Mixed Fruit (5)	Baked Chicken/Sofrito (110) Mashed Malanga/Onion (47) Meadow Blend Veg Oatmeal Bread (230) Flan (115)	Latino Turkey Stew (25)w/ Root Vegetables (15) Broccoli (9) Multigrain Bread (200) Pears (4)	Bacalao Guisado (372) White Rice (4) Assorted Vegetables (50) Dinner Roll (160) Budín / Whip Topping (210)
Sodium: 1042 Calories: 728	Sodium: 869 Calories: 798	Sodium: 630 Calories: 856	Sodium: 361 Calories: 533	Sodium: 903 Calories: 746
<b>17</b>	<b>High Sodium 18</b>	<b>19</b>	<b>July Birthday Celebrations 20</b>	<b>Cold Plate 21</b>
Bistec Encebollao (342) White rice (4) Sweet Plantains (6) Rye Bread (150) Pineapple (1)	Hot Dog (540) Bun (210) Baked Beans (467) French Green Beans (3) Watermelon Cup (2)	Chicken & Olives (374) Yellow Rice/Pigeon Peas (219) Flat Green Beans (2) Potato Bread (170) Fruited Jell-O/Whip (43)	Latino Pot Roast/Gravy (122) Yuca & Onion (15) Sliced Carrots (44) Dinner Roll (160) Birthday Cake (330) 	Latino Seafood Salad/Lettuce (284) Green Banana Salad (178) Latino Cole Slaw (63) Fresh Cantaloupe (7) Bun (230)
Sodium: 611 Calories: 780	Sodium: 1221 Calories: 641	Sodium: 915 Calories: 567	Sodium: 779 Calories: 883	Sodium: 585 Calories: 391
<b>24</b>	<b>25</b>	<b>26</b>	<b>High Sodium Day 27</b>	<b>28</b>
Sazon Baked Chicken (237) Sweet Potato (42) Broccoli (9) Whole Wheat Bread (160) Mixed Fruit (5) 	Hamburger (77)/ Bun (230) Potato Wedges (161) Mixed Vegetables (43) Flan (115) Ketchup x2 (163)	Chicken Plantain Casserole (406) Yellow Rice (190) Wax Beans (3) Multigrain Bread (200) Mandarin Oranges (6)	Sausage, Onions & Peppers (775*) Rice & Black Beans (111) Blended Veg (43) Italian Bread (230) Peaches (5)	Haddock in Sofrito (312) Mashed Malanga (47) Spinach (76) Oatmeal Bread (230) Coconut Rice Pudding/Whip (158)
Sodium: 560 Calories: 587	Sodium: 626 Calories: 516	Sodium: 914 Calories: 734	Sodium: 1272 Calories: 624	Sodium: 930 Calories: 812
<b>31</b>				
Stewed Pork & Potato (354) Peas & Onions (34) Potato Bread (170) Pears (4)				
Sodium: 695 Calories: 599				

Average percent of calories coming from fat is %

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.