







WestMass ElderCare Homebound Latino 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>Carne Molida (261) Mixed Vegetables (43) Wheat Bread (115) Mandarin Oranges (6)</p>	<p>Breaded Chicken (573*) w/ Latino Red Sauce (80) Mashed Malanga (47) Blended Vegetables (50) Wheat Bread (115) Fresh Fruit (1)</p>	<p>Latino Meatloaf/Gravy (144) Garlic Mashed Potatoes (46) Gingered Carrots (105) Dinner Roll (160) Flan (115) SF Van Pudding</p>	<p>Haddock Sofrito (312) Baked Potato (7) Assorted Veg (50) Whole Wheat Bread (160) Pears (5)</p> 
	Sodium 499 Calories: 784	Sodium: 971 Calories: 711	Sodium: 906 Calories: 947	Sodium 710 Calories: 610
8	9	High Sodium Meal 10	11	12
<p>Chicken Fricassee (560*) Yellow Rice (190) Meadow Blend (20) Whole Wheat Bread (200) Tropical Fruit (10)</p>	<p>Grd Beef / Mac 'n Cheese (249) Roman Style Veg (26) Italian Bread (230) Peaches (5)</p>	<p>Pork Chopette/Latino Gravy (670*) Sweet Potatoes (30) Creamed Spinach (146) WW Dinner Roll (160) Brownie (150) SF Cookie (150)</p>	<p>Latino Beef Stew (142) White Rice (4) Carrots/Cauliflower (42) Potato Bread (170) Fruit Cobbler (52) Dt: Angel Food Cake</p>	<p>Latino Salmon (285) Mashed Yuca/Onion (15) California Veg (17) Whole Wheat Bread (160) Mixed Fruit (5)</p>
Sodium: 1125 Calories: 664	Sodium 617 Calories: 771	Sodium: 1305 Calories: 943	Sodium 518 Calories: 639	Sodium 590 Calories: 629
MLK Day 15	16	17	18	19
<p><i>No Meals Served</i></p> 	<p>Chicken in Garlic Sauce White Rice/Pinto Beans Zucchini Blend (36) Wheat Bread (115) Pears (4)</p>	<p>Pastelon Mashed Potatoes Carrots (45) White Bread (105) Choc Chip Cookie SF Cookie (150)</p>	<p>Pork & Sweet Potato Stew Broccoli Potato Bread (170) Pineapple (1)</p>	<p>Breaded Pollock (150) Stewed Potatoes Mixed Vegetables (43) Wheat Bread (115) Chocolate Pudding/Whip SF Choc Pudding</p>
Sodium Calories:	Sodium 1112 Calories: 891	Sodium 376 Calories: 554	Sodium: 1091 Calories: 1174	Sodium 721 Calories: 646
22	Taco Tuesday 23	24	Birthday Celebrations 25	26
<p>Latino BBQ Chicken (w/bone) Sweet Potatoes (42) Winter Mix (31) Potato Bread (170) Peaches (5)</p> 	<p>Beef & Bean/Cheese (250) Yellow Rice (190) Corn (1) Flour Tortilla Mandarin Oranges (6)</p>	<p>Albondigas/Latino Sauce over Pasta Italian Veg Blend Italian Bread (230) Tropical Fruit (10)</p>	<p>Latino Pot Roast (39) Yuca & Onion Carrots (44) Biscuit Chocolate B-Day Cake Diet: Angel Food Cake</p> 	<p>Fish Stew White Rice Mixed Vegetables WW Dinner Roll Fruited Jell-O w/Whip (43) SF Fruited Jell-O (43)</p>
Sodium 414 Calories: 732	Sodium: 916 Calories: 850	Sodium Calories:	Sodium Calories:	Sodium 885 Calories: 625
29	30	31		
<p>Steak & Onions Stewed Potato Peas/Red Peppers Whole Wheat Bread (160) Mixed Fruit (5)</p>	<p>Latino Sausage, Onions, Peppers White Rice Broccoli Wheat Bread (115) Fresh Fruit</p>	<p>Latino Pulled Pork Soupy Beans Yellow Rice Whole Wheat Bread Mandarin Oranges</p>		
Sodium 776 Calories: 877	Sodium Calories:	Sodium Calories:		

Average percent of calories coming from fat is %

Sodium content (mg) is listed in parentheses after each food item. High Sodium Days:

Calories and Sodium listed are for the entire meal including an 8 oz milk (1%), containing ~100 calories & ~100 mg sodium.