

WestMass ElderCare Homebound Latino



Holyoke, Chicopee, Granby, Ludlow & Ware

NOVEMBER 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
			Latino Sausage w/ Onions & Peppers (775*) White Rice(4) Mixed Vegetables Wheat Bread (115) Mixed Fruit (5)	Breaded Pollock (270) Stewed Potatoes (299) Spinach (76) Dinner Roll (160) Flan (115) SF Pudding
			Sodium: 1049 Calories: 605	Sodium: 940 Calories: 664
5	Taco Tuesday	6	7	8
Drumsticks/Garlic Sauce (311) Yuca & Onion (15) Broccoli/Red Peppers (37) Whole Wheat Bread (160) Peaches (5)	Beef & Bean Mix/Cheese (184) Yellow Rice (8) Corn (1) Flour Tortilla (140) Mandarin Oranges (5)	Albondigas in Latino (570*) Red Sauce / Pasta (118) Italian Vegetables Italian Bread Chocolate Chip Cookies (105) SF Choc Chip	Latino Roast Pork/Gravy (147) Sweet Potatoes (42) Cauliflower (17) Potato Bread (170) Pumkin Pudding/Whip (220) SF Pumpkin Pudding	Fish Stew (372) White Rice (4) California Blend (27) Wheat Bread (115) Pears (4)
Sodium 607 Calories: 648	Sodium 661 Calories: 708	Sodium: 597 Calories: 620	Sodium: 696 Calories: 779	Sodium: 622 Calories: 468
12	13	14	15	16
<i>Veteren's Day No Meals Served</i> 	Hamburger (77) / Bun (230) Tator Tots (249) Mixed Vegetables (43) Pineapple (1) Ketchup x2 (82)	Roast Turkey w/ Gravy (484) Mashed Potatoes (46) Herb Stuffing (134) Brussels Sprouts (12) Dinner Roll (160) Pumpkin/SF Pie/ Whip (289) Cranberry sauce	Pork Sanchoco (176) Spanish Rice (5) Corn & Red Pepper (1) Biscuit (340) Strawberry Cup / Whip (0)	Fiesta Fish (230) Stewed Potatoes (299) Broccoli (9) Oatmeal Bread (230) Fresh Apple (1)
	Sodium: 656 Calories: 538	Sodium: 1128 Calories: 736	Sodium: 622 Calories: 668	Sodium: 769 Calories: 431
19	20	21	22	23
Pulled Pork (42) White Rice (4) Soupy Beans (99) WW Dinner Roll (160) Mandarin Oranges (5)	Oven Fried Drumstick (450) Yellow Rice/Olives (50) Peas & Onions (34) Whole Wheat Bread (116) Tropical Fruit (10)	Latino Meatloaf (227) Mashed Malanga (47) Winter Mix (31) Multigrain Bread (200) Coconut Rice Pudding (158) SF Vanilla Pudding	<i>No Meals Served</i>  HAPPY THANKSGIVING!	Cheese Omelet (380) Sauteed Onions/Peppers (28) Hash Brown Crowns (278) Snack Loaf (160) PB Cookie / SF Cookie (190) Ketchup
Sodium: 412 Calories: 674	Sodium 790 Calories: 628	Sodium: 771 Calories: 922	Sodium Calories:	Sodium: 1135 Calories: 709
26	27	28	29	30
Jamaican Beef Patty (475) Yellow Rice/Pigeon Peas (36) Green Beans (2) WW Dinner Roll (160) Pineapple (1)	Chicken & Olives (374) Egg Noodles (5) Assorted Vegetables (41) Garlic Bread (239) Pears (4)	Latino Sloppy Joes (406) Potato Wedges (161) Corn (1) Hamburger Bun (230) Mandarin Oranges (5) Ketcup	Latino Pot Roast / Gravy (131) Yuca & Onion (15) Gingered Carrots (105) Whole Wheat Bread (160) Vanilla Birthday Cake (330) Diet: Angel Food Cake	Latino Salmon Boat (276) Garlic Mashed Potato (46) Broccoli (9) Dinner Roll (160) Flan (115) SF Vanilla Pudding
Sodium: 774 Calories: 791	Sodium 772 Calories: 645	Sodium: 912 Calories: 678	Sodium: 812 Calories: 943	Sodium: 705 Calories: 636

Average percent of calories coming from fat is 23.7 %

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.

