


**WestMass ElderCare - CARDIAC FROZEN LUNCH Menu - September 2021**

*Serving Holyoke, Chicopee, South Hadley, Granby, Ludlow, and Ware*

\*\* Please be aware that substitutions may occur without notice \*\*

**Please make cancellations at least 24 hours in advance - Call the Nutrition Dept. at (413) 538-9020.**

Suggested, Confidential, Voluntary Donation of \$2.25 is requested per meal. Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		FROZEN 1	FROZEN 2	FROZEN 3	FROZEN 4	FROZEN 5
		Hamburger Patty Au Jus Mashed Potatoes Steamed Carrots LS Wheat Bread Fruit of the Day 1% Milk	Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach LS Wheat Bread Fruit of the Day 1% Milk	Pork Chop Patty Sweet Potato Brussels Sprouts LS Wheat Bread Fruit of the Day 1% Milk	Meatballs with Penne in Marinara, Italian Veg. Steamed Broccoli LS Wheat Bread Fruit of the Day 1% Milk	Sliced Turkey w/ Gravy Mashed Potatoes Green Beans Almondine LS Wheat Bread Fruit of the Day 1% Milk
		Fat: 17 Sodium: 297 Calories: 359	Fat: 6 g Sodium: 460 mg Calories: 270	Fat: 5 g Sodium: 533 mg Calories: 346	Fat: 12 Sodium: 336 Calories: 343	Fat: 6 g Sodium: 460 Calories: 275
NO MEAL SERVICE 6	FROZEN 7	FROZEN 8	FROZEN 9	FROZEN 10	FROZEN 11	FROZEN 12
	Turkey Medallions with Cran-Rasp. Sauce Zucch. & Corn Veg /Bean Medley LS Wheat Bread Fruit of the Day, 1% Milk	Mac&Beef Casserole Spinach California Blend Veg LS Wheat Bread Fruit of the Day 1% Milk	Cheese Omelet Roasted Parsley Potatoes Fruited Granola LS Wheat Bread SF Sugar Cookie 1% Milk	Thai Ginger Chicken Flat Beans Ginger Carrots LS Wheat Bread Fruit of the Day 1% Milk	Steak Patty w/ Gravy Mashed Potato Rutabaga, Red Pepper LS Wheat Bread Lorna Doone 1% Milk	Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach LS Wheat Bread Fruit of the Day 1% Milk
	Fat: 5 g Sodium: 500 mg Calories: 310	Fat: 19 g Sodium: 320 mg Calories: 470	Fat: 11 g Sodium: 400 mg Calories: 340	Fat: 9 g Sodium: 196 mg Calories: 259	Fat: 16 g Sodium: 264 mg Calories: 377	Fat: 6 g Sodium: 460 mg Calories: 270
FROZEN 13	FROZEN 14	FROZEN 15	FROZEN 16	FROZEN 17	FROZEN 18	FROZEN 19
Meatloaf w/ Apple Brown Grav Skin-on Potatoes Stewed Tomatoes LS Wheat Bread Fruit of the Day 1% Milk	Breaded Fish Fillet Cheesy Mash Mixed Veg LS Wheat Bread Fruit of the Day 1% Milk	Roast Beef w/ Gravy Peas & Carrots LS Wheat Bread Fruit of the Day 1% Milk	Western Omelet Potatoes O'Brien Strawberry Applesauce LS Wheat Bread Fruit of the Day 1% Milk	Pasta w/ Bolognese Italian Vegetable Medley LS Wheat Bread Fruit of the Day 1% Milk	Eggs, Hash Browns & Turkey Sausage w/ Gravy Maple-Pecan Cinnamon Apples, LS Wheat Bread Fruit of the Day 1% Milk	Hamburger Patty Au Jus Mashed Potatoes Steamed Carrots LS Wheat Bread Fruit of the Day 1% Milk
Fat: 20 Sodium: 401 Calories: 412	Fat: 9 g Sodium: 417 mg Calories: 496	Fat: 7 g Sodium: 419 mg Calories: 304	Fat: 15 g Sodium: 450 mg Calories: 380	Fat: 14 g Sodium: 430 mg Calories: 340	Fat: 17 g Sodium: 470 mg Calories: 360	Fat: 17 Sodium: 297 Calories: 359
FROZEN 20	FROZEN 21	FROZEN 22	FROZEN 23	FROZEN 24	FROZEN 25	FROZEN 26
Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach LS Wheat Bread Fruit of the Day 1% Milk	Pork Chop Patty Sweet Potato Brussels Sprouts LS Wheat Bread Fruit of the Day 1% Milk	Meatballs with Penne in Marinara, Italian Veg. Steamed Broccoli LS Wheat Bread Fruit of the Day 1% Milk	Sliced Turkey w/ Gravy Mashed Potatoes Green Beans Almondine LS Wheat Bread Fruit of the Day 1% Milk	NY Steak Patty with Mushroom Gravy Garlic Mashed Potato w/ Zucchini, Green Beans SF. Choc. Chip Ckie. 1% Milk, LS Bread	Turkey Medallions with Cran-Rasp. Sauce Zucch. & Corn Veg /Bean Medley LS Wheat Bread Fruit of the Day, 1% Milk	Mac&Beef Casserole Spinach California Blend Veg LS Wheat Bread Fruit of the Day 1% Milk
Fat: 6 g Sodium: 460 mg Calories: 270	Fat: 5 g Sodium: 533 mg Calories: 346	Fat: 12 Sodium: 336 Calories: 343	Fat: 6 g Sodium: 460 Calories: 275	Fat: 16 Sodium: 432 Calories: 359	Fat: 5 g Sodium: 500 mg Calories: 310	Fat: 19 g Sodium: 320 mg Calories: 470
FROZEN 27	FROZEN 28	FROZEN 29	FROZEN 30			
Cheese Omelet Roasted Parsley Potatoes Fruited Granola LS Wheat Bread SF Sugar Cookie 1% Milk	Thai Ginger Chicken Flat Beans Ginger Carrots LS Wheat Bread Fruit of the Day 1% Milk	Steak Patty w/ Gravy Mashed Potato Rutabaga, Red Pepper LS Wheat Bread Lorna Doone 1% Milk	Eggplant Parmesan Italian Style Garbanzo Beans LS Wheat Bread Fruit of the Day 1% Milk			
Fat: 11 g Sodium: 400 mg Calories: 340	Fat: 9 g Sodium: 196 mg Calories: 259	Fat: 16 g Sodium: 264 mg Calories: 377	Fat: 22 g Sodium: 557 mg Calories: 431			

Nutritional information on this menu is for the entrée, veg & starch side ONLY. \*\*An 8 oz lowfat milk, a slice of bread, and 4 oz fruit adds approximately 170 mg of sodium per meal.

Weekend meals are provided to authorized clients only.