


WestMass ElderCare - SEPTEMBER 2022 **CARDIAC FROZEN SUPPER** - Home Delivered Meals

For Meal Cancellations or Questions About Your Meals, please call the Nutrition Department at (413) 538-9020 by noon the business day before the meal.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>*Total sodium content listed at the bottom of each day is for the entrée, veg & starch side only. An 8 oz milk, a slice of low sodium bread, and 4 oz fruit adds approximately 170 mg. Sodium is listed in parentheses next to each item.</p> <p>MENUS SUBJECT TO CHANGE WITHOUT NOTICE.</p>			1	2	3	4
			Pollock Fish Fillet Cheesy Mashed Pot. Mixed Veg LS Wheat Bread SF. Choc. Chip Ckie. 1% Milk, Fat 18, Sodium 464	Meatballs with Cavatappi Pasta Cauliflower LS Wheat Bread Fruit of the Day 1% Milk Fat 12, Sodium 293	Cheese Omelet Roasted Parsley Potatoes Fruited Granola LS Wheat Bread SF Sugar Cookie 1% Milk Fat 11, Sodium 400, Cal 340	Chicken w/ Thai Ginger Curry Sauce Green Beans, Carrots LS Wheat Bread Fruit of the Day 1% Milk Fat 9, Sodium 196, Cal 259
5 NO MEAL SERVICE	6	7	8	9	10	11
	Pasta w/ Bolognese Italian Veg.Medley Mixed Veg LS Wheat Bread Fruit of the Day 1% Milk Fat 14, Sodium 430, Cal 340	Western Omelet Potatoes O'Brien Cranberry Pears LS Wheat Bread Fruit of the Day 1% Milk Fat 15, Sodium 450, Cal 380	Hamburger Patty Au Jus Mashed Potatoes Steamed Carrots LS Wheat Bread Fruit of the Day 1% Milk Fat 17, Sodium 297, Cal 359	Breaded Fish Fillet Cheesy Mash Mixed Veg LS Wheat Bread Fruit of the Day 1% Milk Fat 9, Sodium 417, Cal 496	Black Beans & Rice Corn with Red Pappers Parslied Carrots LS Wheat Bread Fruit of the Day 1% Milk Fat 15, Sodium 218	Western Omelet Potatoes O'Brien Cranberry Pears LS Wheat Bread Fruit of the Day 1% Milk Fat 15, Sodium 450, Cal 380
12	13	14	15	16	17	18
Diced Chicken Sides LS Wheat Bread Fruit of the Day 1% Milk Fat 19, Sodium 128	BBQ Pork Riblet Butternut Squash LS Wheat Bread Fruit of the Day 1% Milk Fat 14, Sodium 432	Turkey with Rice Summer Blend Veg LS Wheat Bread SF. Choc. Chip Ckie. 1% Milk Fat 4, Sodium 187	Sliced Turkey w/ Gravy Mashed Potatoes Green Beans LS Wheat Bread Fruit of the Day 1% Milk Fat 8, Sodium 313, Cal 275	Pollock Fish Fillet Cheesy Mashed Pot. Mixed Veg LS Wheat Bread SF. Choc. Chip Ckie. 1% Milk, Fat 18, Sodium 464	Meatballs with Cavatappi Pasta Cauliflower LS Wheat Bread Fruit of the Day 1% Milk Fat 12, Sodium 293	Cheese Omelet Roasted Parsley Potatoes Fruited Granola LS Wheat Bread SF Sugar Cookie 1% Milk Fat 11, Sodium 400, Cal 340
19	20	21	22	23	24	25
Chicken w/ Thai Ginger Curry Sauce Green Beans, Carrots LS Wheat Bread Fruit of the Day 1% Milk Fat 9, Sodium 196, Cal 259	Meatloaf, Apple Brown Gravy Skin-on Potatoes Stewed Tomatoes LS Wheat Bread Fruit of the Day 1% Milk Fat 20, Sodium 401, Cal 412	Pasta w/ Bolognese Italian Veg.Medley Mixed Veg LS Wheat Bread Fruit of the Day 1% Milk Fat 14, Sodium 430, Cal 340	Western Omelet Potatoes O'Brien Cranberry Pears LS Wheat Bread Fruit of the Day 1% Milk Fat 15, Sodium 450, Cal 380	Breaded Fish Fillet Cheesy Mash Mixed Veg LS Wheat Bread Fruit of the Day 1% Milk Fat 9, Sodium 417, Cal 496	Hamburger Patty Au Jus Mashed Potatoes Steamed Carrots LS Wheat Bread Fruit of the Day 1% Milk Fat 17, Sodium 297, Cal 359	Black Beans & Rice Corn with Red Pappers Parslied Carrots LS Wheat Bread Fruit of the Day 1% Milk Fat 15, Sodium 218
26	27	28	29	30		
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