

WestMass ElderCare - Cardiac Menu - October 2020

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

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

Please make cancelations 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
			1	2	3	4
			Roast Turkey&Gravy Sweet Potato Green Beans (NO STUFFING)	Cheese Omelet Roasted Parsley Potatoes Fruited Granola	Eggplant Parmesan Italian Style Garbanzo Beans	Meatloaf with Apple-Brown Gravy Potatoes Florentine Mixed Vegetables
			Fat: 5 g Sodium: 497 mg Calories: 297	Fat: 11 g Sodium: 400 mg Calories: 340	Fat: 22 g Sodium: 557 mg Calories: 431	Fat: 20 g Sodium: 400 mg Calories: 410
5	6	7	8	9	10	11
Beef Patty w/Gravy Mushroom Gravy Garlic Mashed Potato Tri-Vegetable Medley	Grilled Chicken,Alfredo Ziti Broccoli	Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach	Beef Stew Mashed Potato	Cod Loin (NO TOPPING) Rice Florentine (112) Peas & Carrots	Pasta w/ Bolognese Italian Vegetable Medley	Turkey Medallions with Cran-Raspberry Sauce Zucchini & Corn Veg /Bean Medley
Fat: 16 g Sodium: 430 mg Calories: 360	Fat: 5 g Sodium: 378 mg Calories: 361	Fat: 6 g Sodium: 460 mg Calories: 270	Fat: 6 g Sodium: 306 mg Calories: 282	Fat: 3 g Sodium: 308 mg Calories: 210	Fat: 14 g Sodium: 430 mg Calories: 340	Fat: 5 g Sodium: 500 mg Calories: 310
Columbus Day 12	13	14	15	16	17	18
No Meal Service	Orange-Cran Chicken (330) Whipped Butternut Squ.(3) Spinach (76)	Baked Potato Bar (7) Turkey Chili (473)(NO CHZ) Broccoli (9)	Roast Pork w/ Gravy (111) Au Gratin Potatoes (195) Meadow Blend (20)	Fish Sticks Corn & Tomato Salsa Green Beans	Roast Beef w/ Gravy Peas & Carrots	Cheese Omelet Roasted Parsley Potatoes Fruited Granola
	Fat: 3 g Sodium: 409 mg Calories: 291	Fat: 6 g Sodium: 489 mg Calories: 442	Fat: 15 g Sodium: 325 mg Calories: 600	Fat: 10 g Sodium: 393 mg Calories: 301	Fat: 7 g Sodium: 419 mg Calories: 304	Fat: 11 g Sodium: 400 mg Calories: 340
19	20	21	22	23	24	25
Grilled Chicken Marsala Ziti Italian Style Veg	Steak Patty w/ Gravy Mashed Potato Rutabaga, Red Pepper	Eggs, Hash Browns & Turkey Sausage w/ Gravy Maple-Pecan Cinnamon Apples	Mac&Beef Casserole Spinach California Blend Veg	Breaded Fish,Florentine Sa Brown Rice Broccoli	Cheese Omelet Roasted Parsley Potatoes Fruited Granola	Meatloaf with Apple-Brown Gravy Potatoes Florentine Mixed Vegetables
Fat: 4 g Sodium: 469 mg Calories: 387	Fat: 16 g Sodium: 264 mg Calories: 377	Fat: 17 g Sodium: 470 mg Calories: 360	Fat: 19 g Sodium: 320 mg Calories: 470	Fat: 12 g Sodium: 302 mg Calories: 388	Fat: 11 g Sodium: 402 mg Calories: 335	Fat: 20 g Sodium: 400 mg Calories: 410
26	27	28	29	30	31	11/1/2020
Chicken Dijon Sweet Potato Mixed Vegetables	Shepherd's Pie Stewed Tomatoes	Western Omelet Potatoes O'Brien Strawberry Applesauce	Pot Roast w/ Gravy Oven Brown Potatoes Carrots	Potato Pollock Confetti Rice Broccoli	Pasta w/ Bolognese Italian Vegetable Medley	Turkey Medallions with Cran-Raspberry Sauce Zucchini & Corn Veg /Bean Medley
Fat: 4 g Sodium: 450 mg Calories: 339	Fat: 13 g Sodium: 379 mg Calories: 213	Fat: 15 g Sodium: 450 mg Calories: 380	Fat: 7 g Sodium: 459 mg Calories: 271	Fat: 15 g Sodium: 316 mg Calories: 373	Fat: 14 g Sodium: 430 mg Calories: 340	Fat: 5 g Sodium: 500 mg Calories: 310

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 250 to 330 mg of sodium per meal.

Weekend meals are provided to authorized clients only.