

WestMass ElderCare Congregate Meal Sites

Holyoke, Chicopee, & Granby

December 2018 MENU

For Questions About Your meal: please call (413) 538-9020 and ask for the Nutrition Department.

Suggested, Confidential, Voluntary Donation of **\$2.25/meal** - Meals subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
Hanukkah Begins 3	4	5	6	7
<p>No Congregate Meals Annual Holiday Party</p> 	<p>LS Hot Dog (550*)/Bun (210) Baked Beans (185) Mixed Vegetables (43) Mandarin Oranges (6) Mustard (45**) / Relish (81**)</p>	<p>Vegetable Soup (115) Chicken in Savory Sauce (331) Confetti Rice (38) Multigrain Bread (200) Frosted Spice Cake (268) Diet: Angel Food</p>	<p>Beef Burgundy (128) Egg Noodles (5) Broccoli (9) Italian Bread (230) Mixed Fruit (5)</p> 	<p>Haddock Picatta (387) Cheesy Rice (263) Vegetable Medley (31) Snack Loaf (160) Pineapple (1)</p>
10	Taco Tuesday 11	12	13	14
<p>Chicken & Rice Soup (32) BBQ Chicken (476) Sweet Potato (42) Mixed Vegetables (43) Biscuit (340) Strawberry Cup / Whip (0)</p>	<p>Beef & Bean Mix (184) Yellow Rice (8) Lettuce (1), Cheese (183) Corn (1), Salsa (182) Tortilla Chips (46) Mandarin Oranges (6) Sour Cream pc (13)</p>	<p>Stuffed Shells w/ Meat Sauce (417) Tossed Salad /Italian (124) Garlic Bread (239) Fruited Jell-O/Whip (43) SF Jell-O</p> 	<p>Meatball Stroganoff (420) Egg Noodles (5) Beets (174) Rye Bread (150) Butterscotch Pudding/Whip (246) SF Pudding</p>	<p>Blueberry French Toast (368) Hash Brown Crowns (278) Pork Sausages (108) Blueberry Syrup (5) Tropical Fruit (10)</p>
17	18	19	Holiday Meal 20	21
<p>Salisbury Steak/Gravy (424) Side of Mac 'n Cheese (315) Winter Veg (31) Whole Wheat Bread (160) Mixed Fruit (5)</p>	<p>Lasagna / Meat Sauce (347) Italian Style Veg (40) Garlic Bread (239) Peach Chiffon /Whip (83) SF Peach Chiffon</p>	<p>Chicken Divan / Rice (635*) with Broccoli Tossed Salad /Italian (124) Whole Wheat Bread (160) Pears (4)</p>	<p>***High Sodium Meal*** Ham w/Pineapple Sauce (672*) AuGratin Potatoes (195) Green Bean Almondine (15) Dinner Roll (160) Apple Pie Whip/ SF Pie (264)</p>	<p>Split Pea/Ham Soup (175) Potato Crunch Filet (270) Tuxedo Rice (34) Wheat Bread (115) Pineapple (1) Tarter Sauce (182**)</p>
24	25	26	Birthday Celebrations 27	28
<p>Hearty Beef Stew (260) Diced Potatoes (276) Wax Beans (3) Potato Bread (170) Mandarin Oranges (5)</p>	<p style="text-align: center;">Christmas Day No Meal Service</p> 	<p>Apricot Chicken (323) Bell Pepper Rice (12) Tuscan Style Veg (48) Multigrain Bread (200) Brownie (150) SF Cookie</p>	<p>Roast Turkey/Gravy (453) Mashed Potatoes (43) Carrots (44) Dinner Roll (160) Chocolate Birthday Cake (330) Diet: Angel Food Cake Cranberry Sauce</p> 	<p>Cheese Omelet (380) Sauteed Onions/Peppers (28) Hash Brown Crowns (278) Snack Loaf (160) Tropical Fruit (10) Ketchup</p>
New Year's Eve 31				
<p>BBQ Pulled Pork Sandwich (522*) Mashed Sweet Potatoes (42) Broccoli (9) Hamburger Bun Cheesecake w/Rasp Sauce (250)</p>			 <p style="text-align: center;">Happy Holidays!</p>	

Average percent of calories coming from fat is 24.3 %

Sodium content (mg) is listed in parentheses after each food item. **HIGH SODIUM DAY: 20th**

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