







# WestMass ElderCare Congregate Meal Sites

## Holyoke, Chicopee, & Granby

### January 2018 MENU

**For Meal Cancellations or Questions About Your meal:** please call the 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
	<b>New Year's Day 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	No Meal Service 	Chicken Ala King (122) Egg Noodles (5) Green Beans (2) Wheat Bread (115) Tropical Fruit (10)  Sodium: 357 Calories: 712	Lasagna w/ Meat Sauce (347) Italian Style Veg (50) Garlic Bread (239) Choc Chip cookie (105) SF Choc Chip Cookie  Sodium: 841 Calories: 814	Minestrone Soup (157) Breaded Fish Filet (190) AuGratin Potatoes (195) Club Roll (340) Pears (5) Tartar Sauce (260**)  Sodium 985 Calories: 844
<b>7</b>	<b>8</b>	<b>9</b>	<b>New Year's Meal 10</b>	<b>11</b>
Garlic Chicken Breast (340) Seasoned Rice (8) Green Peas (58) Multigrain Bread (200) Mandarin Oranges (7)	Penne Pasta & Meatballs in Tomato Sauce (338) Tossed Salad/Italian (123) Garlic Bread (239) Peaches (5)	Chicken Noodle Soup (26) BBQ Ribette (410) Mashed Sweet Potato (42) Broccoli (9) Potato Bread (170) Chocolate Pudding/Whip (190) SF Choc Pudding	French Meat Pie/Gravy (438) Mashed Potatoes (46) Gingered Carrots (105) Dinner Roll (160) Apple Dump Cake /Whip (228) SF Apple Dump Cake	Salmon Boat w/ Dill Sauce (333) Confetti Rice (38) California Veg (17) Whole Wheat Bread (160) Mixed Fruit (5)
Sodium 713 Calories: 604	Sodium 806 Calories: 735	Sodium: 946 Calories: 730	Sodium: 1077 Calories: 1113	Sodium 652 Calories: 530
<b>14</b>	<b>Taco Tuesday 15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Cabbage Chicken Soup (41) Chicken in Wine Sauce (340) Egg Noodles (5) Meadow Blend (16) Wheat Bread (115) Brownie (150) SF Cookie	Beef & Bean Mix (184) Yellow Rice (190) Lettuce (1), Cheese (183) Corn (1), Salsa (182) Tortilla Chips (46) Mandarin Oranges (6) Sour Cream pc (13)	Broccoli & Cheese Quiche (394) O'Brien Potatoes (65) Mixed Vegetables (43) WW Dinner Roll (190) Fruited Jell-O w/Whip (43) SF Fruited Jell-O (43)	Cheeseburger Pie (507*) Potato Wedges (161) Green Beans (2) Wheat Bread (115) Tropical Fruit (10) Ketchup (82**)	Haddock Parmesean (609*) Baked Potato (7) Tuscany Style Veg (48) Oatmeal Bread (230) Peaches (5) Sour Cream (13**)
Sodium 766 Calories: 826	Sodium: 913 Calories: 850	Sodium 834 Calories: 988	Sodium 896 Calories: 721	Sodium 999 Calories: 624
<b>21</b>	<b>22</b>	<b>23</b>	<b>Birthdays Celebrations 24</b>	<b>25</b>
<i>No Meals Served</i> 	Hamburger (77) Potato Chips (80) Mixed Vegetables (43) Hamburger Bun (230) Pineapple (1) Ketchup (82**)	Chicken in Country Gravy (675*) Garlic Mashed Potato (46) Broccoli (9) Whole Wheat Bread (160) Pears (4)	Yankee Pot Roast/Gravy (158) Boiled Potatoes (268) Carrots (44) Dinner Roll (160) Vanilla B-Day Cake (305) Diet: Angel Food Cake 	Tomato-Basil Soup (186) Mac 'n Cheese (629*) Green Peas (58) Snack Loaf (160) Mixed Fruit (5) 
	Sodium: 613 Calories: 511	Sodium: 993 Calories: 591	Sodium 1035 Calories: 732	Sodium: 1138 Calories: 856
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Salisbury Steak/Gravy (460) Scalloped Potato (51) Spinach (76) Potato Bread (170) Mandarin Oranges (7)	Italian Sausage Bites w/ Onions & Peppers over Rotini Pasta/Sauce (751*) Tossed Salad/Ranch (123) Rye Bread (150) Apples & Cinnamon (10)	Corn Chowder (120) Oven Fried Drumstick (450) Mashed Sweet Potato (42) Biscuit (340) Strawberry Cup/Whip (0)	Roast Turkey /Gravy (453) Mashed Potatoes (46) Green Beans (2) Whole Wheat Bread (160) Lemon Pudding/Whip (200) SF Pudding	
Sodium 864 Calories: 838	Sodium 1134 Calories: 826	Sodium 1052 Calories: 703	Sodium 962 Calories: 583	

Average percent of calories coming from fat is 23.2 %

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.