

WestMass ElderCare Homebound

Holyoke, Chicopee, Granby, Ludlow & Ware

December 2018 MENU

For Meal Cancellations or 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
Oven Fried Drumstick (450) Scalloped Potato (51) Cauliflower Supreme (14) Dinner Roll (160) Peaches(5) 	LS Hot Dog (550*)/Bun (210) Baked Beans (185) Mixed Vegetables (43) Mandarin Oranges (6) Mustard (45**) / Relish (81**)	Chicken in Savory Sauce (331) Confetti Rice (38) Green Beans (2) Multigrain Bread (200) Frosted Spice Cake (268) Diet: Angel Food	Beef Burgundy (128) Egg Noodles (5) Broccoli (9) Italian Bread (230) Mixed Fruit (5)	Haddock Picatta (387) Cheesy Rice (263) Vegetable Medley (31) Snack Loaf (160) Pineapple (1)
Sodium: 788 Calories: 719	Sodium: 1094 Calories: 679	Sodium: 940 Calories: 771	Sodium: 485 Calories: 605	Sodium: 950 Calories: 638
10	Taco Tuesday 11	12	13	14
BBQ Chicken (476) Sweet Potato (42) Mixed Vegetables (43) Biscuit (340) Strawberry Cup	Beef & Bean Mix/Cheese (275) Yellow Rice (8) Corn (1) Flour Tortilla (140) Mandarin Oranges (5)	Stuffed Shells w/ Meat Sauce (417) Italian Style Veg Italian Bread (230) Fruited Jell-O/Whip (43) SF Jell-O 	Meatball Stroganoff (420) Egg Noodles (5) Beets (174) Rye Bread (150) Butterscotch Pudding/Whip (246) SF Pudding	Blueberry French Toast (368) Hash Brown Crowns (278) Pork Sausages (108) Syrup (5) Tropical Fruit (10) Ketchup
Sodium: 1008 Calories: 667	Sodium 566 Calories: 651	Sodium: 838 Calories: 663	Sodium: 1103 Calories: 764	Sodium: 871 Calories: 555
17	18	19	Holiday Meal 20	21
Salisbury Steak/Gravy (424) Side of Mac 'n Cheese (315) Winter Veg (31) Whole Wheat Bread (160) Mixed Fruit (5)	Lasagna / Meat Sauce (347) Italian Style Veg (40) Italian Bread (230) Peach Chiffon /Whip (83) SF Peach Chiffon	Chicken Divan / Rice (635*) with Broccoli Carrots (44) Whole Wheat Bread (160) Pears (4)	***High Sodium Meal*** Ham w/Pineapple Sauce (672*) AuGratin Potatoes (195) Green Bean Almondine (15) Dinner Roll (160) Apple Pie Whip/ SF Pie (264)	Potato Crunch Filet (270) Tuxedo Rice (34) Peas (58) Wheat Bread (115) Pineapple (1) Tarter Sauce (182**)
Sodium: 1035 Calories: 730	Sodium: 763 Calories: 643	Sodium: 946 Calories: 478	Sodium: 1412 Calories: 1045	Sodium: 578 Calories: 552
24	25	26	Birthday Celebrations 27	28
Hearty Beef Stew (260) Diced Potatoes (276) Wax Beans (3) Potato Bread (170) Mandarin Oranges (5)	Christmas Day No Meal Service 	Apricot Chicken (323) Bell Pepper Rice (12) Tuscan Style Veg (48) Multigrain Bread (200) Brownie (150) SF Cookie	Roast Turkey/Gravy (453) Mashed Potatoes (43) Carrots (44)  Dinner Roll (160) Chocolate Birthday Cake (330) Diet: Angel Food Cake Cranberry Sauce	Cheese Omelet (380) Sautéed Onions/Peppers (28) Hash Brown Crowns (278) Snack Loaf (160) Tropical Fruit (10) Ketchup
Sodium: 859 Calories: 544		Sodium: 833 Calories: 772	Sodium: 1144 Calories: 751	Sodium: 962 Calories: 636
New Year's Eve 31				
BBQ Pulled Pork Sandwich (522*) Mashed Sweet Potatoes (42) Broccoli (9) Hamburger Bun Cheesecake Cup (250)		 Happy Holidays!		
Sodium: 906 Calories: 840				

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.