


**WestMass ElderCare Home Delivered Meals
Holyoke, Chicopee, South Hadley, Granby, Ludlow & Ware**

Latino Lunch September 2021 MENU

For Meal Cancellations or Questions About Your Meals, please call the Nutrition Department at (413) 538-9020.
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
		1	2	3
		Latino Grnd Beef Mac&Cheese (489) Steamed Brussels Sprouts (17) Whole Wheat Bread (124) Peach Crisp (169) / Canned Peaches(4) 1% Milk(100)	Turkey Chili (227) 1/2 Baked Sweet Potato (42) Mixed Vegetables (37) Cornbread (266) Clementine (1) 1% Milk (100)	Latino Steak & Onions (212) Mashed Malanga (44) Steamed Corn (5) Hamburger Bun (197) Canned Pears (7) 1% Milk (100)
		Sodium: 899, Cal: 914, Carb: 93	Sodium: 673, Cal: 654, Carb: 101	Sodium: 565, Cal: 649, Carb: 107
NO MEAL SERVICE 6	7	LABOR DAY MEAL - HIGH SODIUM 8	9	10
	Bkd Chicken Leq Quarter, Latino Rub (161) Stewed Potatoes (476) Peas (7) Low Sodium Wheat Bread (65) Mixed Fruit (6) 1% Milk (100) Sodium: 814, Cal: 738, Carb: 81	Cheeseburger (150) Lettuce & Tomato Slices (8) Hamburger Roll (197) Tater Tots (205) Mandarin Oranges (10), 1% Milk (100) Ketchup (82), Mayo (64), Ranch (108) Sodium: 1160, Cal: 820, Carb: 86	Potato Pollock (384), Tartar S. (70) Broccoli (12) Au Gratin Potatoes (425) Low Sodium Wheat Bread (65) Fresh Peach (1) 1% Milk (100) Sodium: 1057, Cal: 654, Carb: 87	Roast Beef (417) w/ Latino Gravy (184) Baked Potato (6), Sour Cream (29) Green Beans (5) Rye Bread (193) Lemon Pudding(189)/SF Lemon Pudd 1% Milk (100) Sodium: 1122, Cal: 620, Carb: 66
13	14	COLD PLATE 15	16	HAPPY BIRTHDAY 17
Cheesy Chick. Plantain (567) Peas (7) California Blend Veg (34) Low Sodium Wheat Bread (65) Fresh Plum (1) 1% Milk(100) Sodium: 720, Cal: 731, Carb: 90	American Chop Suey (198) Roman Blend Veg (19) Whole Wheat Roll (222) Choc. Chip Ckie(65) / SF Choc Chip Ckie 1% Milk (100) Sodium: 603, Cal: 716, Carb: 89	Latino Tuna Mac (251) Mexicali Corn (25) Chickpea & Red Bean Salad (291) White Bread (145) Mandarin Oranges (10) 1% Milk (100) Sodium: 822, Cal: 755, Carb 110	Pastelon (255) Green Beans (5) Southwest Corn w/ Black Beans (197) Hamburger Roll (237) Applesauce 1% Milk (100) Sodium: 796, Cal: 756, Carb: 92	Pulled Pork (208) Yellow Rice w/ Pigeon Peas (102) Soupy Beans (170) Wheat Roll (222) Tres Leches Ck.(281)/SF Lemon Ckie 1% Milk (100) Sodium: 1082, Cal: 1082, Carb: 97
20	21	22	23	24
Roast Turkey (440) w/ Latino Gravy (184) Corn (5) Roasted Red Bliss Potatoes (5) Low Sodium Wheat Bread (65) Strawberry Cup (2) 1% Milk (100) Sodium: 801, Cal: 549, Carb: 85	Vegetable Lasagna Roll Up (390) w/ Red Latino Sauce (229) Brussels Sprouts (17) Garlic Bread Knot Canned Pears (7) 1% Milk (100) Sodium: 964, Cal: 598, Carb: 92	Bkd Chicken Leg Quarter, Latino Gravy (259) Plantains (79) Capri Blend Veg (19) Low Sodium Wheat Bread (65) Clementine (1) 1% Milk (100)	Latino Meatloaf (121), Latino Gravy (161) Yuca w/ Garlic & Onions (15) California Blend Veg (34) Wheat Bread (144) Blonde Brownie(302) / SF Sugar Cookie 1% Milk (100) Sodium: 877, Cal: 971, Carb: 108	Cod w/ Creole Sauce (93) Latino Brown Rice (146) Zucchini & Tomatoes (63) Oatmeal Bread (223) Vanilla Pudding(194) / SF Van. Pudding (157) 1% Milk (100) Sodium: 820 mg, Cal: 615, Carb: 98
27	28	COLD PLATE 29	ETHNIC MEAL 30	1-Oct
Latino Coconut Pollock Stew (417) Roasted Red Bliss Potatoes (5) Winter Blend Veg (19) 12 Grain Bread (199) Cinn. Applesauce (3) 1% Milk (100) Sodium: 743, Cal: 721, Carb: 75	Breaded Chicken Drumsticks (178) Asparagus (11) Soupy Beans (170) Pumpnickel (193) Fresh Peach (1) 1% Milk (100) Sodium: 652, Cal: 532, Carb: 71	Egg & Olive Salad (269) Pigeon Pea Salad (83) Latino Coleslaw (35) Whole Wheat Hamburger Roll (197) Fruit Crunch Bar (80) /SF Sugar Ckie 1% Milk (100) Sodium: 764, Cal: 862, Carb: 73	Chicken Jambalaya (434) Bourbon Mashed Sweet Potatoes (187) Okra, Corn & Crushed Tomatoes (113) Peach Cobbler (11) / Spiced Peaches (5) Cornbread (266) 1% Milk (100) Sodium: 1111, Cal: 961, Carb: 119	Dulce y Agria Meatballs (635)* Latino White Rice (146) Oriental Blend (68) Oatmeal Bread (223) Mixed Fruit (6) 1% Milk (100) Sodium: 1178, Cal: 719, Carb: 87

Sodium content (mg) listed in parentheses next to food/drink item above. *Denotes item food item with 500 mg or more sodium.

**Denotes an item that is not included in total nutrients reported. Total Carbohydrates listed are from the Modified Menu with No Sugar Added dessert. MEALS SUBJECT TO CHANGE WITHOUT NOTICE.