

WestMass ElderCare Latino Congregate Meal Sites

Birch Bark Place (630 Chicopee St., Chicopee)

March 2019 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
				1
				Fiesta Fish (230) Yellow Rice/Pigeon Peas (36) Assorted Vegetables (50) Dinner Roll (160) Mixed Fruit (5)
				Sodium: 588 Calories: 567
4	5	Ash Wednesday 6	7	8
Chicken & Olives (374) White Rice (4) Jardiniere Veg (50) Wheat Bread (115) Pears (4)	Cheeseburger Chowder (211) Pork Sancocho (176) Yellow Rice (8) Blended Vegetables (41) Garlic Bread (230) Mandarin Oranges (6)	Baked Potato Bar (7) Broccoli (9), Cheese Sauce (136) Beef & Bean Chili (184) Dinner Roll (160) Peach Chiffon (83) SF Peach Chiffon Sour Cream pc (13**)	Latino Beef Stew (142) Egg Noodles (6) Carrots (44) Oatmeal Bread (230) Tropical Fruit (10)	Breaded Pollock (190) Stewed Potatoes (299) Green Beans (3) Potato Bread (170) Flan / SF Pudding (115) Tartar Sauce (261**)
Sodium: 654 Calories: 510	Sodium: 789 Calories: 816	Sodium: 839 Calories: 741	Sodium: 532 Calories: 663	Sodium: 877 Calories: 692
11	Taco Tuesday 12	13	St. Paddy's Day Meal 14	15
Caribbean Chicken (394) Mashed Malanga (47) Carrots (43) Raisin Bread (98) Coconut Rice Pudding/Whip (158) SF Coconut Rice	Beef & Bean Mix (184) Yellow Rice (8) Lettuce (1), Cheese (91) Corn (1), Salsa (182**) Tortilla Chips (46) Mandarin Oranges (6) Sour Cream pc (13**)	Pork Chopette/Latino Gravy (670*) White Rice/Pinto Beans (99) Peas (58) Rye Bread (150) Pears (4)	*** High Sodium *** Corned Beef (624*) Cabbage & Carrots (52) Boiled Potatoes (268) Irish Rye Bread (130) Shamrock Poke Cake (230)	Egg Cheese Omelet (380) Hash Brown Crowns (249) Onions & Peppers (28) Fruit Loaf (170) Tropical Fruit (10) Ketchup (82**)
Sodium: 848 Calories: 1001	Sodium: 445 Calories: 627	Sodium: 1080 Calories: 658	Sodium: 1411 Calories: 504	Sodium: 939 Calories: 716
18	19	20	21	22
Steak & Onions (67) Stewed Potatoes (299) California Style Veg (17) Whole Wheat Bread (160) Pears (4)	Pulled Pork (42) White Rice (4) Soupy Beans (338) Dinner Roll (160) Pineapple (1)	Chicken/Plantain (406) Yellow Rice (8) Green Beans (3) Wheat Bread (115) Brownie /SF Cookie (150)	Latino Meatball Sub (737*) Potato Wedges (161) Latino Cole Slaw (63) Tropical Fruit (10) Ketchup (82**)	Cream of Broccoli Soup (146) Latino Salmon Boat (285) Garlic Mashed Potato (46) Oatmeal Bread (230) Flan / SF Pudding (115)
Sodium: 655 Calories: 620	Sodium: 645 Calories: 621	Sodium: 782 Calories: 903	Sodium: 1079 Calories: 732	Sodium: 930 Calories: 721
25	26	27	28	29
Latino BBQ Chicken (251) Sweet Potato (42) Capri Vegetable Blend (16) Whole Wheat Bread (160) Peaches (5)	Turkey Vegetable Soup (110) Jamaican Beef Patty (587*) Stewed Potatoes (299) Assorted Veg (3) Wheat Bread (115) Baked Apples (23)	Pastelon (276) Yellow Rice/Olives (62) Peas & Carrots (72) White Bread (105) Coconut Rice Pudding/Whip (158) SF Coconut Rice	Latino Turkey/Gravy (453) Garlic Mashed (46) Broccoli (9) WW Dinner Roll (160) Cranberry Sauce (4) Vanilla Birthday Cake (305) Dt: Angel Food Cake	Haddock/Sofrito (312) Yuca & Onion (15) Green Beans (3) Potato Bread (170) Mixed Fruit (5)
Sodium: 581 Calories: 614	Sodium: 1136 Calories: 767	Sodium: 774 Calories: 876	Sodium: 1084 Calories: 845	Sodium: 612 Calories: 662

Average percent of calories coming from fat is 22.4 %

Sodium content (mg) is listed in parentheses. 8 oz milk (1%) is an additional 107 mgs of sodium. Calories listed includes an 8 oz milk (1%).

High Sodium Days =14th; **denotes an item not included in total sodium & calories reported.