







WestMass ElderCare Latino Homebound Holyoke, Chicopee, Granby, Ludlow & Ware January 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
	New Year's Day 1	2	3	4
	<i>No Meals Served</i> 	Arroz con Pollo (154) Green Beans (2) Wheat Bread (115) Tropical Fruit (10) Sodium: 382 Calories: 536	Lasagna w/ Meat Sauce (347) Italian Style Veg (50) Italian Bread (230) Choc Chip cookie (105) SF Choc Chip Cookie Sodium: 832 Calories: 730	Fiesta Fish (230) Stewed Potato (299) Assorted Vegetables (50) Potato Bread (170) Pears (5) Sodium 853 Calories: 517
7		9	New Year's Meal 10	11
Drumstick in Garlic Sauce (311) Savory Rice (8) Green Peas (58) Multigrain Bread (200) Mandarin Oranges (7) Sodium 683 Calories: 634	Albondigas in Latino Red Sauce / Pasta (300) Blended Vegetables (40) Italian Bread (230) Peaches (5) Sodium 666 Calories: 644	Jamaican Beef Patty (475) Sweet Potato (42) Broccoli (9) Potato Bread (170) Flan (115) SF Pudding Sodium: 911 Calories: 917	Latino Meatloaf / Gravy (263) Mashed Potato (46) Gingered Carrots (105) Dinner Roll (160) Apple Dump Cake /Whip (228) SF Apple Dump Cake Sodium 903 Calories: 893	Latino Salmon (285) Yellow Rice/Pigeon Peas (36) California Veg (17) Whole Wheat Bread (160) Mixed Fruit (5) Sodium 603 Calories: 551
14	Taco Tuesday 15	16	17	18
Chicken & Olives Egg Noodles Meadow Blend Wheat Bread (115) Brownie SF cookie Sodium Calories:	Beef & Bean Mix/Cheese (275) Yellow Rice (8) Corn (1) Flour Tortilla (140) Mandarin Oranges (5) Sodium 566 Calories: 651	Latino Broccoli/Chicken Pie (494) Potatoes w/ Peppers & Onion Mixed Vegetables (43) WW Dinner Roll (190) Coconut Rice Pudding (158) SF Pudding Sodium 1049 Calories: 1217	Pastelon (276) Spanish Rice (5) Green Beans (2) Wheat Bread (115) Tropical Fruit (10) Sodium 509 Calories: 723	Fish Stew (372) White Rice (4) Tuscany Style Veg (48) Oatmeal Bread (230) Peaches (5) Sodium 760 Calories: 537
21	22	23	Birthday Celebrations 24	25
<i>No Meals Served</i> 	Hamburger (77)/ Bun (230) Baked Beans (185) Mixed Vegetables (43) Pineapple (1) Ketchup (82**) Sodium: 718 Calories: 534	Breaded Chicken Fricassee (651*) Malanga (47) Broccoli (9) Whole Wheat Bread (160) Pears (4) Sodium: 971 Calories: 674	Latino Pot Roast/Gravy (116) Yuca & Onions (15)  Carrots (44) Dinner Roll (160) Vanilla B-Day Cake (330) Diet: Angel Food Cake Sodium 743 Calories: 893	Grd Beef Mac 'n Cheese (249) Green Peas (58) Snack Loaf (160) Tropical Fruit (10)  Sodium: 571 Calories: 908
28	29	30	31	
Latino Steak & Onions (67) Stewed Potatoes Spinach Potato Bread Mandarin Oranges Sodium 913 Calories: 867	Latino Sausage & Rice (554) Assorted Vegetables (40) Wheat Bread (115) Flan (115) SF Cookie Sodium 924 Calories: 725	Oven Fried Drumstick (450) Sweet Potatoes (42) Chuckwagon Corn (2) Biscuit (340) Strawberry Cup/Whip (0) Sodium 934 Calories: 693	Latino Turkey / Gravy (453) Yuca & Onions (15) Green Beans (2) Whole Wheat Bread (160) Coconut Rice Pudding (158) SF Pudding Sodium 890 Calories: 760	

Average percent of calories coming from fat is 23.4 %

Sodium content (mg) is listed in parentheses after each food item.

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