



**WestMass ElderCare Home Delivered Meals**  
**Holyoke, Chicopee, South Hadley, Granby, Ludlow & Ware**  
**JANUARY 2021 - LATINO 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
				<b>NO MEAL SERVICE</b> 1
				
4	5	6	7	8
Latino Steak & Onions (302) Yuca w/ Garlic (15) Peas & Carrots (90) Wheat Roll (190) Mixed Fruit (5) 1% Milk (100) Sodium: 702   Cal: 715   Carb: 102	Stuffed Shells w/ Marinara (670)* Spinach (76) Garlic Roll (229) Strawberry Cup (4)/Light Fruit Cup 1% Milk (100) Sodium: 1078   Cal: 604   Carb: 98	Latino Garlic Chicken (341) Latino White Rice (9) Soupy Beans (99) Mini Biscuit (170) Tropical Fruit (Vit C) (10) 1% Milk (100) Sodium: 729   Cal: 710   Carb: 98	Pulled Pork (84) Green Beans (2) Plantain (6) Wheat Bread (115) Fruit Crunch Bar (80)/SF Cookie 1% Milk (100) Sodium: 386   Cal: 849   Carb: 105	Coconut Pollock Stew (326) Latino White Rice (9) California Blend (17) Whole Wheat Bread (160) Bread Pudding (181)/SF Cookie (~55) 1% Milk (100) Sodium: 694   Cal: 734   Carb: 79
11	12	13	14	15
Lazy Golumpki (475) Five-Way Mixed Vegetables (30) Oatmeal Bread (150) Tropical Fruit (10) 1% Milk (100) Sodium: 778   Cal: 622   Carb: 86	Latino Chicken Fricassee (560)* Garlic Mashed Potato (46) Carrots (44) Wheat Roll (190) Swiss Roll (100) / SF Cookie (~55) 1% Milk (100) Sodium: 1059   Cal: 632   Carb: 85	Seasoned Latino Shaved Steak (246) Yellow Rice & Olives (255) Stir Fried Vegetables (47) Whole Wheat Bread (160) Pear (4) 1% Milk (100) Sodium: 811   Cal: 555   Carb: 77	Roast Turkey, Gravy (521)* Herb Stuffing (333) & cran. sauce** Green Beans (2) & Sweet Potato (42) Dinner Roll (160) Pineapple (1) 1% Milk (100) Sodium: 1066   Cal: 648   Carb: 113	Latino Fiesta Breaded Pollock (230) Mashed Root Vegetables (13) Carrots (44) Wheat Bread (115) Peach Chiffon (83) 1% Milk (100) Sodium: 616   Cal: 524   Carb: 84
<b>NO MEAL SERVICE</b> 18	19	<b>ETHNIC MEAL - HIGH SODIUM</b> 20	21	22
	Latino Garlic Grilled Chicken (341) Sweet Plantains (6) Broccoli (9) Wheat Bread (115) Mandarin Oranges (6) 1% Milk (100) Sodium: 671   Cal: 531   Carb: 83	Chicken Fried Steak w/ Gravy (374) Black Eye Peas & Collard Greens (275) Mashed Pot. w/ Sour Crm & Chives (123) Mini Biscuit (170) Peach Cobbler (334) / Angel Food Cake 1% Milk (100) Sodium: 1368   Cal: 1032   Carb: 117	Latino Beef Stew (170) Yuca w/ Garlic & Onions (204) Peas & Carrots (90) Wheat Roll (210) Coconut Rice Pudding (158)/SF Pudding 1% Milk (100) Sodium: 904   Cal: 857   Carb: 115	Latino Baked Cod, Latino Red Sauce (26) Cuban Beans & Rice (287) Stewed Tomato (248) Whole Wheat Bread (160) Tropical Fruit (10) 1% Milk (100) Sodium: 1069   Cal: 616   Carb: 95
25	26	27	28	29
Arroz con Pollo (154) Spinach (76) Wheat Bread (fiber) (115) Pineapple (1) 1% Milk (100) Sodium: 449   Cal: 561   Carb: 88	Lasagna Roll w/ Meat Sauce (559)* Winter Mix Veg (31) Italian Bread (230) Chocolate Pudding (190)/SF Pudding 1% Milk (100) Sodium: 1064   Cal: 577   Carb: 74	Baked Potato Bar (7) Turkey Chili (473), cheese (174) Broccoli (9) Multigrain Bread (fiber) (200) Peaches (5) 1% Milk (100) Sodium: 677   Cal: 655   Carb: 92	Latino Roast Pork (147) Stewed Potatoes (299) Meadow Blend (20) Whole Wheat Bread (fiber) (160) Apple Cake (406) / SF Cookie 1% Milk (100) Sodium: 1132   Cal: 880   Carb: 116	Fish Taco with Flour Tortilla (660) Yellow Rice (190) Corn & Tomato Salsa (72) Strawberry Cup (4) 1% Milk (100) Sodium: 816   Cal: 717   Carb: 120

**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 include the sugar-free dessert. MEALS SUBJECT TO CHANGE WITHOUT NOTICE.