



WestMass ElderCare Latino 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
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 (152) Mixed Vegetables (43) Mandarin Oranges (6) Mustard (45) / Relish (81)	Garlic Chicken (331) Egg Noodles (5) Green Beans (2) Wheat Bread (115) Frosted Spice Cake (268) Diet: Angel Food	Pastelon (276) Yuca & Onions (15) Broccoli (9) Italian Bread (230) Mixed Fruit (5)	Fish Stew (372) White Rice (4) Vegetable Medley (31) Snack Loaf (160) Pineapple (1)
Sodium: 788 Calories: 719	Sodium: 1063 Calories: 790	Sodium: 833 Calories: 773	Sodium: 643 Calories: 797	Sodium: 676 Calories: 616
10	Taco Tuesday 11	12	13	14
Latino BBQ Chicken (476) Sweet Potato (42) Mixed Vegetables (43) Biscuit (340) Strawberry Cup (0)	Beef & Bean Mix/Cheese (275) Yellow Rice (8) Corn (1) Flour Tortilla (140) Mandarin Oranges (5)	Conditos con Carne (152) Italian Style Veg (40) Italian Bread (230) Flan (115) SF Cookie	Garlic Albondigas (231) Egg Noodles (5) California Blend (17) Rye Bread (150) Coconut Rice Pudding/Whip 158 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: 637 Calories: 783	Sodium: 670 Calories: 771	Sodium: 871 Calories: 550
17	18	19	Holiday Meal 20	21
Latino Steak & Onions (67) Mashed Malanga (47) Winter Veg (31) Whole Wheat Bread (160) Mixed Fruit (5)	Grd Beef Mac 'n Cheese (249) Assorted Veg (40) Italian Bread (230) Peach Chiffon /Whip (83) SF Peach Chiffon	Chicken and Plantain (406) Yellow Rice (8) Broccoli (9) Whole Wheat Bread (160) Pears (4)	***High Sodium Meal*** Ham w/Pineapple Sauce (672*) Scalloped Potatoes (51) Green Bean Almondine Dinner Roll (160) Apple Pie / SF Pie (264)	Fiesta Fish (230) Stewed Potato (299) Peas (58) Wheat Bread (115) Pineapple (1)
Sodium: 410 Calories: 730	Sodium: 702 Calories: 816	Sodium: 694 Calories: 691	Sodium: 1479 Calories: 1004	Sodium: 803 Calories: 499
24	25	26	Birthday Celebrations 27	28
Latino Beef Stew (260) Diced Potatoes (276) Wax Beans (3) Potato Bread (170) Mandarin Oranges (5)	Christmas Day No Meal Service 	Chicken & Olives (374) Yuca & Onions (15) Tuscan Style Veg (48) Multigrain Bread (200) Flan (115) SF Cookie	Latino Turkey w/Gravy (349) Garlic Mashed Potatoes (43) Carrots (44) Potato Bread (160) Chocolate Birthday Cake (330) Diet: Angel Food Cake	Cod & Garbanzo Stew (434) White Rice (4) Mixed Vegetables (43) Snack Loaf (160) Tropical Fruit (10)
Sodium: 742 Calories: 547		Sodium: 853 Calories: 761	Sodium: 1150 Calories: 740	Sodium: 751 Calories: 722
31				
Latino Pulled Pork (42) White Rice (4) Soupy Beans (100) White Bread (105) Cheesecake w/Rasp Sauce (250)		 HAPPY HOLIDAYS FELICES FIESTAS		
Sodium: 570 Calories: 846				

Average percent of calories coming from fat is 24.4 %

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.