


WestMass ElderCare - Regular Supper Menu - September 2021

Serving Holyoke, Chicopee, South Hadley, Granby, Ludlow, and Ware

** Please be aware that substitutions may occur without notice **

Please make cancelations at least 24 hours in advance - Call the Nutrition Dept. at (413) 538-9020.

Suggested, Confidential, Voluntary Donation of \$2.25 is requested per meal. Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 HIGH SODIUM DAY	4	5
		Diced Chicken Caesar (241) Romaine Lettuce w/ Tomato (86) Pasta Salad w/ 5 Way Veg. (23) 1/2 Spinach Wrap (400) Clementine (1) 1% Milk (100)	Spinach Salad w/ 1 Egg & Feta, Chickpeas (273), French(150) Cucumber Onion Salad (3) Whole Wheat Bread (124) SF Lemon Cookie (52) 1% Milk (100)	Ham Salad (640)* Grape Tomatoes (4) w/ Ranch (108) Orzo Spinach Salad (48) Wheat Bread (144) Diet Vanilla Pudding (160) 1% Milk (100)	Egg Salad (273) Tossed Salad w/ Cabb.(24),Lt.Ital(2) Pasta,Broccoli &5 Way VegSalad (122) Wheat Roll (222) Fresh Apple (1) 1% Milk (100)	Roast Beef (278), Cheddar (186) Potato & Egg Salad (137) 3 Bean Salad (242) Whole Wheat Bread (124) Mandarin Orange (8) 1% Milk (100)
		Sodium: 851, Cal: 708, Carb: 69	Sodium: 702, Cal: 502, Carb: 61	Sodium: 1203, Cal: 656, Carb: 74	Sodium: 657, Cal: 650, Carb: 82	Sodium: 1067, Cal: 746, Carb: 106
NO MEAL SERVICE 6	7	HIGH SODIUM MEAL 8	9	10	11	12
	California Chicken Salad (176) Broccoli Slaw (156) Potato Salad (105) Wheat Crackers (160) Plum (1) 1% Milk (100)	Mediterranean Tortellini Salad w/ Feta (629)* Carrots w/ Dill (64) White Bean & Cuke (13) 1/2 Whole Wheat Pita (158) Pineapple (2), Milk (100)	Chilled Turkey Sesame Noodles (42) Napa Cabbage Slaw (84) Cranberry Snackloaf (160) Mixed Fruit (6) 1% Milk (100)	Cape Cod Tuna Salad (325) Lettuce, Tomato (8), French (150) Pickled Beets (216) 1/2 Whole Wheat Flour Tortilla (79) SF Chocolate Chip Cookie (80) 1% Milk (100)	Turkey Club w/ Turkey Bacon (473) Lettuce, Tomato & Peppers (7) Ranch (108) Carrot Raisin Salad (164) 12 Grain Bread (199) 1% Milk (100), Cinnamon Apples (5)	Tuna Mac. Salad (538)* English Pea Salad (103) Wheat Bread (144) Fruit Crunch Bar (80) 1% Milk (100)
	Sodium: 698, Cal: 660, Carb: 88	Sodium: 966, Cal: 937, Carb: 122	Sodium: 391, Cal: 756, Carb: 108	Sodium: 958, Cal: 557, Carb: 74	Sodium: 1055, Cal: 577, Carb: 71	Sodium: 965, Cal: 798, Carb: 97
13	14	15	16	17	18	19
Hamburger (150) Coleslaw (133) Potato Salad (105) Hamburger Roll (197) Pineapple (2) 1% Milk (100), Ketchup (82), Mayo	Egg Salad (273) 3 Bean Salad (363) Ziti Broccoli Salad (13) 12 Grain Bread (199) SF Sugar Cookie (50) 1% Milk (100)	Ham (344), Swiss (53), Mustard (61) German Potato Salad (32) Marin. Grn Beans & Red Peppers Wheat Bread (144) Fresh Pear (1) 1% Milk (100)	Chef Salad Plate, Turkey, Cheddar & Hard Boiled Egg (278) French Dressing (150) Italian Bread (138) Orange (0) 1% Milk (100)	Curry Chicken Salad (220) Tom., Onion & Vineg. Salad (5) Mixed Greens (8), LS Italian Drsg (2) Low Sodium Bread (65) Sugar Free Banana Pudding (143) 1% Milk (100)	Salami (640)* and Provolone (248) Spinach & Fresh Red Peppers(113) Ital. Blend Veg w/ Seasoning (24) Low Sodium Wheat Bread (65) Tropical Fruit (3) 1% Milk (100)	6 Layer Chicken Salad with Egg & Pasta (283) Pickled Beets (216) 1/2 Whole Wheat Pita (158) Mandarin Oranges (10) 1% Milk (100)
Sodium: 831, Cal: 725, Carb: 92	Sodium: 998, Cal: 764, Carb: 93	Sodium: 857, Cal: 606, Carb: 81	Sodium: 667, Cal: 501, Carb: 46	Sodium: 560, Cal: 570, Carb: 68	Sodium: 1193, Cal: 704, Carb: 72	Sodium: 767, Cal: 575, Carb: 92
20	21	22	23	24	25	26
Seafood Salad (669)* Marinated Corn Salad (141) Bowtie Pasta Salad w/ Broccoli & Peppers (197) Low Sodium Wheat Bread (65) Peaches (4), 1% Milk (100)	Sl.Turkey (284), Muenster (178) Cherry Tomatoes (4) & Baby Carrots (71), Ranch(108) WW Bread (124) Clementine (1) 1% Milk (100)	Meatloaf Sandwich (390) Potato Salad (356) Rotini Pasta w/ Veg (181) White Bread (145) Cinnamon Apples (4) 1% Milk (100)	1/2 cup Cottage Cheese (396) (GRAB&Go: on bed of lettuce) Broccoli Slaw (156), Canned Peaches (100) Wheat Roll (222) SF Sugar Cookie (100) 1% Milk (100)	Salmon (69), Big Salad w/ Lettuce & Cucumbers, Carrots, Cabbage (23) French (150) White Bread (145) Mixed Fruit (6) 1% Milk (100)	Grilled Chicken Breast (320) Confetti Coleslaw (59) Hamb. Bun (197) Canned Peaches (4) SF Chocolate Pudding (165) 1% Milk (100), Mayo (64)	Omelet (256) Hashbrown Patty (250) Frzn Spinach & Red Peppers (113) Wheat Bread (127) Pound Cake (132) 1% Milk (100)
Sodium: 1176, Cal: 666, Carb: 111	Sodium: 869, Cal: 453, Carb: 44	Sodium: 1176, Cal: 657, Carb: 92	Sodium: 978, Cal: 531, Carb: 77	Sodium: 493, Cal: 546, Carb: 51	Sodium: 909, Cal: 600, Carb: 74	Sodium: 977, Cal: 569, Carb: 66
27	28	29	30			
Ham (344) & Swiss (53) Carrot & Raisin Salad (164) Macaroni Salad (234) Rye Bread (193) Pineapple (2) 1% Milk (100)	Tarragon Tuna (373) 3 Bean Salad (284) English Pea Salad (103) 12 Grain Bread (199) Strawberry Applesauce (0) 1% Milk (100)	Roast Beef (278) Swiss (53) Coleslaw (178) Pickled Beets (216) Marble Rye Bread (233) 1% Milk (100), Fresh Fruit (1)	Diced Chicken Caesar (241) Romaine Lettuce w/ Tomato (86) Pasta Salad w/ 5 Way Veg. (23) 1/2 Spinach Wrap (400) Clementine (1) 1% Milk (100)			
Sodium: 1088, Cal: 713, Carb: 92	Sodium: 1060, Cal: 753, Carb: 89	Sodium: 1060, Cal: 615, Carb: 81	Sodium: 851, Cal: 708, Carb: 69			

Weekend meals are provided to authorized clients only. Meals subject to change without notice.