


WestMass ElderCare - Renal FROZEN SUPPER Menu - September 2021

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

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

Please make cancellations 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
		FROZEN 1	FROZEN 2	FROZEN 3	FROZEN 4	FROZEN 5
		Sliced Turkey w/ Gravy Mashed Potatoes Green Beans Almondine Side Dessert:SF Choc.Cookie	Manicotti Alfredo Seasoned Peas Italian Vegetables Side Dessert: Pears	Hamburger w/ Au Jus Potato Wedges Steamed Carrots Side Dessert: Peaches	Western Omelet Potatoes O'brien Strawberry Applesauce Side Dessert:SF Choc.Cookie	Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach Side Dessert: Applesauce
		Potassium 812 mg Phos 36 mg+	Potassium 621 Phos: 260	Potassium: 754 mg Phos 21 mg	Potassium: 778 mg Phos: 30+	Potassium: 768 mg Phos: 247 mg
NO MEAL SERVICE 6	FROZEN 7	FROZEN 8	FROZEN 9	FROZEN 10	FROZEN 11	FROZEN 12
 HAPPY LABOR DAY	Three Cheese Macaroni Casserole Seasoned Carrot Cuts Green Peas Side Dessert: Pears	Southern Style Pollock Steamed Carrots Cheesy Country Potatoes Side Dessert: Lorna Doone	Roast Beef w/ Gravy Peas & Carrots Side Dessert: Peaches	Cheese Omelet Roasted Parsley Potatoes Fruited Granola Side Dessert: Mixed Fruit	Eggplant Parmesan Italian Style Garbanzo Beans Side Dessert: Applesauce	Thai Ginger Chicken Flat Beans Ginger Carrots Side Dessert: SF Lemon Ckie
	Potassium 743 mg Phos 207	Potassium: 512 Phos: 67	Potassium: 538 Phos: 197	Potassium 720 mg Phos 45 mg	Potassium 664 mg Phos 204 mg	Potassium: 697 mg Phos: 274+
FROZEN 13	FROZEN 14	FROZEN 15	FROZEN 16	FROZEN 17	FROZEN 18	FROZEN 19
Eggs, Hash Browns & Turkey Sausage w/ Gravy Maple-Pecan Cinn. Apples Side Dessert: Pears	Sliced Turkey w/ Gravy Mashed Potatoes Green Beans Almondine Side Dessert:SF Choc.Cookie	Manicotti Alfredo Seasoned Peas Italian Vegetables Side Dessert: Pears	Hamburger w/ Au Jus Potato Wedges Steamed Carrots Side Dessert: Peaches	Western Omelet Potatoes O'brien Strawberry Applesauce Side Dessert:SF Choc.Cookie	Chicken Parmesan Rosemary Potato Wedge Cheesy Spinach Side Dessert: Applesauce	Beef Patty Teriyaki Steamed Rice and Mushroom, Pepper, and Onion Medley Side Dessert: Mixed Fruit
Potassium: 631 mg Phos: 141 mg	Potassium 812 mg Phos 36 mg+	Potassium 621 Phos: 260	Potassium: 754 mg Phos 21 mg	Potassium: 778 mg Phos: 30+	Potassium: 768 mg Phos: 247 mg	Potassium: 505 mg Phos: 82
FROZEN 20	FROZEN 21	FROZEN 22	FROZEN 23	FROZEN 24	FROZEN 25	FROZEN 26
Three Cheese Macaroni Casserole Seasoned Carrot Cuts Green Peas Side Dessert: Pears	Southern Style Pollock Steamed Carrots Cheesy Country Potatoes Side Dessert: Lorna Doone	Roast Beef w/ Gravy Peas & Carrots Side Dessert: Peaches	Cheese Omelet Roasted Parsley Potatoes Fruited Granola Side Dessert: Mixed Fruit	Eggplant Parmesan Italian Style Garbanzo Beans Side Dessert: Applesauce	Thai Ginger Chicken Flat Beans Ginger Carrots Side Dessert: SF Lemon Ckie	Eggs, Hash Browns & Turkey Sausage w/ Gravy Maple-Pecan Cinn. Apples Side Dessert: Pears
Potassium 743 mg Phos 207	Potassium: 512 Phos: 67	Potassium: 538 Phos: 197	Potassium 720 mg Phos 45 mg	Potassium 664 mg Phos 204 mg	Potassium: 697 mg Phos: 274+	Potassium: 631 mg Phos: 141 mg
FROZEN 27	FROZEN 28	FROZEN 29	FROZEN 30			
Sliced Turkey w/ Gravy Mashed Potatoes Green Beans Almondine Side Dessert:SF Choc.Cookie	Manicotti Alfredo Seasoned Peas Italian Vegetables Side Dessert: Pears	Hamburger w/ Au Jus Potato Wedges Steamed Carrots Side Dessert: Peaches	Western Omelet Potatoes O'brien Strawberry Applesauce Side Dessert:SF Choc.Cookie			
Potassium 812 mg Phos 36 mg+	Potassium 621 Phos: 260	Potassium: 754 mg Phos 21 mg	Potassium: 778 mg Phos: 30+			

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