


WestMass ElderCare - Renal FROZEN LUNCH 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
		Southern Style Pollock	Eggplant Parmesan	Eggs, Hash Browns &	Three Cheese Macaroni Casserole	Roast Beef w/ Gravy
		Steamed Carrots	Italian Style Garbanzo Beans	Turkey Sausage w/ Gravy	Seasoned Carrot Cuts	Peas & Carrots
		Cheesy Country Potatoes		Maple-Pecan Cinn. Apples	Green Peas	
		Side Dessert: Tropical Fruit	Side Dessert: Peaches	Side Dessert: SF Lemon Ckie.	Side Dessert: Fresh Apple	Side Dessert: SF Sug. Ckie.
		Potassium: 671	Potassium: 703	Potassium: 547	Potassium: 790	Potassium: 391
		Phos: 53	Phos: 212	Phos: 144	Phos: 211	Phos: 186
NO MEAL SERVICE 6	FROZEN 7	FROZEN 8	FROZEN 9	FROZEN 10	FROZEN 11	FROZEN 12
	Thai Ginger Chicken	Manicotti Alfredo	Chicken Parmesan	Hamburger w/ Au Jus	Western Omelet	Beef Patty Teriyaki
	Flat Beans	Seasoned Peas	Rosemary Potato Wedge	Potato Wedges	Potatoes O'brien	Steamed Rice and Mushroom,
	Ginger Carrots	Italian Vegetables	Cheesy Spinach	Steamed Carrots	Strawberry Applesauce	Pepper, and Onion Medley
	Side Dessert: Cinn. Applesc.	Side Dessert: Peaches	Side Dessert: Mandarin Or.	Side Dessert: SF Choc. Chip Ckie	Side Dessert: SF Sug. Ckie.	Dessert: Mixed Fruit
	Potassium: 787	Potassium: 669	Potassium: 787	Potassium: 641	Potassium: 770	Potassium: 505
	Phos: 281	Phos: 264	Phos: 256	Phos: 237	Phos: 40	Phos: 82
FROZEN 13	FROZEN 14	FROZEN 15	FROZEN 16	FROZEN 17	FROZEN 18	FROZEN 19
Sliced Turkey w/ Gravy	Southern Style Pollock	Eggplant Parmesan	Eggs, Hash Browns &	Three Cheese Macaroni Casserole	Roast Beef w/ Gravy	Cheese Omelet
Mashed Potatoes	Steamed Carrots	Italian Style Garbanzo Beans	Turkey Sausage w/ Gravy	Seasoned Carrot Cuts	Peas & Carrots	Roasted Parsley Potatoes
Green Beans Almondine	Cheesy Country Potatoes		Maple-Pecan Cinn. Apples	Green Peas	Side Dessert: SF Sug. Ckie.	Fruited Granola
Side Dessert: SF Lemon Ckie.	Side Dessert: Tropical Fruit	Side Dessert: Peaches	Side Dessert: SF Lemon Ckie.	Side Dessert: Fresh Apple		Side Dessert: Pears
Potassium: 807	Potassium: 671	Potassium: 703	Potassium: 547	Potassium: 790	Potassium: 391	Potassium: 664
Phos: 49	Phos: 53	Phos: 212	Phos: 144	Phos: 211	Phos: 186	Phos: 36
FROZEN 20	FROZEN 21	FROZEN 22	FROZEN 23	FROZEN 24	FROZEN 25	FROZEN 26
Thai Ginger Chicken	Manicotti Alfredo	Chicken Parmesan	Hamburger w/ Au Jus	Western Omelet	Beef Patty Teriyaki	Sliced Turkey w/ Gravy
Flat Beans	Seasoned Peas	Rosemary Potato Wedge	Potato Wedges	Potatoes O'brien	Steamed Rice and Mushroom,	Mashed Potatoes
Ginger Carrots	Italian Vegetables	Cheesy Spinach	Steamed Carrots	Strawberry Applesauce	Pepper, and Onion Medley	Green Beans Almondine
Side Dessert: Cinn. Applesc.	Side Dessert: Peaches	Side Dessert: Mandarin Or.	Side Dessert: SF Choc. Chip Ckie	Side Dessert: SF Sug. Ckie.	Dessert: Mixed Fruit	Side Dessert: SF Lemon Ckie.
Potassium: 787	Potassium: 669	Potassium: 787	Potassium: 641	Potassium: 770	Potassium: 505	Potassium: 807
Phos: 281	Phos: 264	Phos: 256	Phos: 237	Phos: 40	Phos: 82	Phos: 49
FROZEN 27	FROZEN 28	FROZEN 29	FROZEN 30			
Southern Style Pollock	Eggplant Parmesan	Eggs, Hash Browns &	Three Cheese Macaroni Casserole			
Steamed Carrots	Italian Style Garbanzo Beans	Turkey Sausage w/ Gravy	Seasoned Carrot Cuts			
Cheesy Country Potatoes		Maple-Pecan Cinn. Apples	Green Peas			
Side Dessert: Tropical Fruit	Side Dessert: Peaches	Side Dessert: SF Lemon Ckie.	Side Dessert: Fresh Apple			
Potassium: 671	Potassium: 703	Potassium: 547	Potassium: 790			
Phos: 53	Phos: 212	Phos: 144	Phos: 211			

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