

December 2018 - Congregate
WestMass ElderCare Inc. Nutrition Program
South Hadley COA (45 Dayton St. South Hadley)



Meal Cancellations: please call (413) 538-5042 and leave a message.

Questions Concerning your Meals: Please Call our Nutrition Department at (413) 538-9020.

Suggested, Confidential, Voluntary Donation of \$2.25/meal - Meals subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	High Sodium Meal 6	High Sodium Meal 7
Broccoli Quiche (475) Potato Puffs (240) Peas & Onions (58) Whole Grain Roll (160) Peaches or Diet Peaches (5)	BIRTHDAY/ANNIVERSARY Roast Turkey w/Gravy (485*) Mashed Potatoes (46) Carrots (44) Whole Grained Bread (160) Cake or Diet Cake (219)	Stuffed Shells w/Sauce (460) Spinach (76) Garlic Bread (320) Tropical Fruit or (10) Diet Tropical Fruit	Low Salt Hot Dogs (550*) Baked Beans (287) Broccoli (9) Rolls (210) Brownies (150) Diet Brownies	Grilled Ham & Cheese Sandwiches (968*) Potato Chips (80) Brussel Sprouts (12) Soup of the Day (115) Pears (5) Diet Pears
Calories: 808 Sodium: 1068 mg	Calories: 592 Sodium: 1053 mg	Calories: 621 Sodium: 965 mg	Calories: 723 Sodium: 1284 mg	Calories: 552 Sodium: 1279 mg
10	11	12	13	14
BBQ Chicken (560*) Roasted Potatoes (38) Corn (1) Rye Bread (150) Tropical Fruit or (10) Diet Tropical Fruit	Cheese Lasagna / sauce (49) Romano Beans (3) Italian Bread (230) Pineapple or (1) Diet Pineapple	Choralites Holiday Party Stuffed Chicken Breast (319) Supreme Sauce (122) Mashed Potatoes (46) Tarragon Corn (1) Roll (190) Pie / Diet Pie (240)	Spaghetti w/Meatballs (310) Mixed Vegetables (43) Garlic Bread (320) Juice (5) Peaches or (5) Diet Peaches	Breaded Pollock (190) Wild Rice (125) Peas & Onions (34) Whole Grain Roll (190) Jello (10) Diet Jello
Calories: 739 Sodium: 859 mg	Calories: 584 Sodium: 831 mg	Calories: 1177 Sodium: 1017 mg	Calories: 820 Sodium: 783 mg	Calories: 627 Sodium: 648 mg
17	18	19	20	21
Veal Patty w/Gravy (566*) Mashed Potatoes (46) Peas & Carrots (72) Whole Grain Roll (160) Pudding (190) Diet Pudding	Sweet & Sour Chicken (462) Egg Noodles (5) Squash Blend (43) Whole Grain Bread (160) Tropical Fruit or (10) Diet Tropical Fruit	Macaroni & Cheese (268) Stewed Tomatoes (154) Green Beans (2) Multi Grained Roll (160) Pears or Diet Pears (4)	Entertainment Day Beef Tips w/Sauce (347) Scalloped Potatoes (205) Peas & Onions (34) Juice (5) Whole Grained Bread (160) Cake or Diet Cake (219)	Grilled Reuben Sandwiches Confetti Rice (51) Broccoli & Cauliflower (43) Peaches or (5) Diet Peaches Soup of the Day (~115)
Calories: 807 Sodium: 1178 mg	Calories: 669 Sodium: 780 mg	Calories: 736 Sodium: 687 mg	Calories: 760 Sodium: 1070 mg	Calories: Sodium: mg
24	25	26	27	28
Stuffed Cabbage (339) Mashed Potatoes (46) Carrots (44) Whole Grain Bread (160) Mandarin Oranges or (6) Diet Mandarin Oranges	CENTER CLOSED HOLIDAY	Hamburger (57) / Bun (230) onions,tomatoes,lettuce Potato Puffs (240) Cookies (210) Diet Cookies Juice (5)	Shepherd's Pie w/Gravy (349) Spinach (76) Biscuit (310) Mixed Fruit or (5) Diet Mixed Fruit	Baked Salmon w/Lemon (6) Wild Rice (125) Broccoli (9) Whole Wheat Bread (160) Peaches or (5) Diet Peaches
Calories: 560 Sodium: 695 mg		Calories: 917 Sodium: 842 mg	Calories: 693 Sodium: 839 mg	Calories: 505 Sodium: 486 mg
31				
Beef Stew (94) Broccoli & Cauliflower (43) Garlic Bread (320) Pineapple or (1) Diet Pineapple				
Calories: 705 Sodium: 558 mg				

Average percent of calories coming from fat is 23.4 %

Sodium content (mg) is listed in parentheses after each food item. **High Sodium Days = 6th & 7th**

Calories and Sodium listed are for the entire meal including an 8 oz milk (1%), containing ~100 calories & ~100 mg sodium.