

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



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 | 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) Calories: 808 Sodium: 1068 mg | BIRTHDAY/ANNIVERSARY Roast Turkey w/Gravy (485*) Mashed Potatoes (46) Carrots (44) Whole Grained Bread (160) Cake or Diet Cake (219) Calories: 592 Sodium: 1053 mg | Stuffed Shells w/Sauce (460) Spinach (76) Garlic Bread (320) Tropical Fruit or (10) Diet Tropical Fruit Calories: 621 Sodium: 965 mg | Low Salt Hot Dogs (550*) Baked Beans (287) Broccoli (9) Rolls (210) Brownies (150) Diet Brownies Calories: 723 Sodium: 1284 mg | Grilled Ham & Cheese Sandwiches (968*) Potato Chips (80) Brussel Sprouts (12) Soup of the Day (115) Pears (5) Diet Pears 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 Calories: 739 Sodium: 859 mg | Cheese Lasagna / sauce (49) Romano Beans (3) Italian Bread (230) Pineapple or (1) Diet Pineapple Calories: 584 Sodium: 831 mg | Choralites Holiday Party Stuffed Chicken Breast (319) Supreme Sauce (122) Mashed Potatoes (46) Tarragon Corn (1) Roll (190) Pie / Diet Pie (240) Calories: 1177 Sodium: 1017 mg | Spaghetti w/Meatballs (310) Mixed Vegetables (43) Garlic Bread (320) Juice (5) Peaches or (5) Diet Peaches Calories: 820 Sodium: 783 mg | Breaded Pollock (190) Wild Rice (125) Peas & Onions (34) Whole Grain Roll (190) Jello (10) Diet Jello 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 Calories: 807 Sodium: 1178 mg | Sweet & Sour Chicken (462) Egg Noodles (5) Squash Blend (43) Whole Grain Bread (160) Tropical Fruit or (10) Diet Tropical Fruit Calories: 669 Sodium: 780 mg | Macaroni & Cheese (268) Stewed Tomatoes (154) Green Beans (2) Multi Grained Roll (160) Pears or Diet Pears (4) Calories: 736 Sodium: 687 mg | Entertainment Day Beef Tips w/Sauce (347) Scalloped Potatoes (205) Peas & Onions (34) Juice (5) Whole Grained Bread (160) Cake or Diet Cake (219) Calories: 760 Sodium: 1070 mg | Grilled Reuben Sandwiches Confetti Rice Broccoli & Cauliflower Peaches or Diet Peaches Soup of the Day 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 Calories: 560 Sodium: 695 mg | CENTER CLOSED HOLIDAY | Hamburger (57) / Bun (230) onions,tomatoes,lettuce Potato Puffs (240) Cookies (210) Diet Cookies Juice (5) Calories: 917 Sodium: 842 mg | Shepherd's Pie w/Gravy (349) Spinach (76) Biscuit (310) Mixed Fruit or (5) Diet Mixed Fruit Calories: 693 Sodium: 839 mg | Baked Salmon w/Lemon (8) Wild Rice (125) Broccoli (9) Whole Wheat Bread (160) Peaches or (5) Diet Peaches 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.