


WestMass ElderCare Home Delivered Meals
Holyoke, Chicopee, South Hadley, Granby, Ludlow & Ware

REGULAR LUNCH - September 2021 MENU

For Meal Cancellations or Questions About Your Meals, please call the Nutrition Department at (413) 538-9020.

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
		Butternut Squash Mac & Cheese (464) Steamed Brussels Sprouts (17) Whole Wheat Bread (124) Peach Crisp (169) / Canned Peaches (4) 1% Milk (100)	Turkey Chili (227) Mixed Vegetables (37) 1/2 Baked Sweet Potato (42) Cornbread (266) Clementine (1) 1% Milk (100)	Crab Cake (410) w/ Tartar (70) Coleslaw (133) Steamed Corn (5) Hamburger Bun (197) Canned Pears (7) 1% Milk (100)
		Sodium: 874, Cal: 774, Carb: 90	Sodium: 673, Cal: 654, Carb: 101	Sodium: 922, Cal: 638, Carb: 99
NO MEAL SERVICE 6	7	LABOR DAY MEAL 8	9	10
	Bkd. Chick. Leg Quarter, Peach Chutney (86) Glazed Carrots (86) Peas (7) Low Sodium Wheat Bread (65) Mixed Fruit (6) 1% Milk (100) Sodium: 349, Cal: 843, Carb: 108	Cheeseburger (150) Lettuce & tomato slices (8) Wheat Hamburger Roll (197) Tater Tots (205) Mandarin Oranges (10), 1% Milk (100) Ketchup (82), Mayo (64), Ranch (108) Sodium: 1160, Cal: 820, Carb: 86	Potato Pollock (384), Tartar Sauce (70) Broccoli (12) Au Gratin Potatoes (425) Low Sodium Wheat Bread (65) Banana (1) 1% Milk (100) Sodium: 1057, Cal: 654, Carb: 87	Roast Beef (417) with Gravy (46) Baked Potato (6), Sour Cream (29) Green Beans (5) Rye Bread (193) Lemon Pudding (189) / SF Lemon Pudd (157) 1% Milk (100) Sodium: 984, Cal: 660, Carb: 72
13	14	COLD PLATE 15	16	HAPPY BIRTHDAY 17
Baked Ravioli w/ Spinach Alfredo (995) California Blend Veg (21) Low Sodium Wheat Bread (65) Macintosh Apple (1) 1% Milk (100) Sodium: 1182, Cal: 882, Carb: 116	American Chop Suey (198) Roman Blend Veg (19) Whole Wheat Roll (222) Choc. Chip Cookie (65) / SF Choc Chip Cookie (80) 1% Milk (100) Sodium: 603, Cal: 716, Carb: 89	Tuna Salad Plate (401) Beet Salad (146) Pasta-Veg Salad (23) White Bread (145) Mandarin Oranges 1% Milk (100) Sodium: 825, Cal: 713, Carb: 84	Pork Chopette (608) Roasted Red Roasted Potatoes (5) Coleslaw (178) Wheat Hamburger Roll (237) Applesauce (3) 1% Milk (100) Sodium: 1131, Cal: 712, Carb: 85	Grilled Chicken w/ Florentine Sauce (363) Couscous w/ Diced Red Peppers (152) Zucchini & Summer Squash (8) Wheat Roll (222) Cake (~221) / SF Lemon Cookie (52) 1% Milk (100) Sodium: 1066, Cal: 702, Carb: 85
20	21	22	23	24
Turkey (440) w/ Dijon Sauce (293) Corn (5) Roasted Red Potatoes (5) Low Sodium Wheat Bread (65) Strawberry Cup (2) 1% Milk (100) Sodium: 910, Cal: 542, Carb: 107	Vegetable Lasagna Roll Up (390) w/ Marbella (65) Brussels Sprouts (17) Garlic Bread Knot (220) Canned Pears (7) 1% Milk (100) Sodium: 800, Cal: 672, Carb: 97	Baked Chicken Leg Quarter (75) w/ Gravy (92) Capri Blend Veg (19) Sweet Potato Tater Puffs (183) Low Sodium Wheat Bread (65) Clementine (1) 1% Milk (100) Sodium: 534, Cal: 821, Carb: 90	Meatloaf (125) w/ Gravy (92) Garlic Mashed Potatoes (76) California Blend Veg (34) Wheat Bread (144) Blonde Brownie (302) / SF Sugar Cookie (100) 1% Milk (100) Sodium: 873, Cal: 867, Carb: 92	Cod (32) w/ Dill Sauce (127) Brown Rice (5) Zucchini & Tomatoes (63) Oatmeal Bread (223) Vanilla Pudding(194)/SF Van. Pudding (157) 1% Milk (100) Sodium: 744, Cal: 688, Carb: 85
27	28	COLD PLATE 29	ETHNIC MEAL 30	1-Oct
Tilapia w/ Honey Soy Sauce (431) Winter Blend Veg (19) Roasted Red Bliss Potatoes (5) 12 Grain Bread (199) Cinnamon Applesauce (3) 1% Milk (100) Sodium: 757, Cal: 523, Carb: 83	Breaded Chicken Drumsticks (178) Asparagus (11) Mashed Yam w/ Cinnamon (79) Pumpernickel Bread (193) Granny Smith Apple (1) 1% Milk (100) Sodium: 562, Cal: 601, Carb: 89	Egg Salad (273) English Pea Salad (103) Carrot Raisin Pineapple Salad (94) Whole Wheat Hamburger Roll (237) Fruit Crunch Bar (80) /SF Sugar Cookie(100) 1% Milk (100) Sodium: 887, Cal: 966, Carb: 110	Chicken Jambalaya (434) Bourbon Mashed Sweet Potatoes (187) Okra, Corn & Crushed Tomatoes (113) Peach Cobbler (11) / Spiced Peaches (5) Cornbread (266) 1% Milk (100) Sodium: 1111, Cal: 961, Carb: 119	Sweet/Sour Chick. Meatballs (635*) White Rice (4) Oriental Blend (68) Oatmeal Bread (223) Mixed Fruit (6) 1% Milk (100) Sodium: 1036, Cal: 713, Carb: 85
Sodium content (mg) listed in parentheses next to food/drink item above. *Denotes item food item with 500 mg or more sodium.				
**Denotes an item that is not included in total nutrients reported. Total Carbohydrates listed are from the Modified Menu with No Sugar Added dessert. MEALS SUBJECT TO CHANGE WITHOUT NOTICE.				