





July 2017 - 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	6	7
Oven Baked Chicken w/Gravy (138) Red Potatoes (6) Corn (1) Whole Wheat Bread (160) Pears (4) or Diet Pears	CLOSED 4TH OF JULY 	Spaghetti & Meatballs (290) Tomato Sauce Spinach (76) Garlic Bread (320) Peaches or (5) Diet Peaches	Broccoli Quiche (475) Brown Rice (24) Corn (1) Orange Juice (26) Whole Grain Roll (190) Apricots or Diet Apricots (5)	Haddock Fillets (296) Scalloped Potatoes (205) Beets (165) Juice (26) Rye Bread (150) Brownies / Diet Brownies (128) Soup of the Day
Calories: 629 Sodium: 416 mg		Calories: 732 Sodium: 798 mg	Calories: 825 Sodium: 829 mg	Calories: 579 Sodium: 1078 mg
10	High Sodium Day 11	12	13	14
Chicken Marsala (470) Linguini (5) Stewed Tomatoes (154) Multi Grain Bread (200) Applesauce or (14) Diet Applesauce	BIRTHDAY/ANNIVERSARY French Meat Pie w/Gravy (490) Scalloped Potatoes (205) California Blend Vegetables (17) Rye Bread (150) Cake or Diet Cake (308) 	Roasted Turkey w/Gravy (485) Mashed Potatoes (46) Corn (1) Cranberry Sauce (1) Biscuit (310) Pudding or Diet Pudding (182)	Teriyaki Chicken (436) Brown Rice (24) Oriental Mixed Veg (21) Mullti Grain Bread (200) Pineapple or (1) Diet Pineapple	Breaded Pollock (220) O'Brien Potatoes (65) Broccoli (9) Whole Grain Roll (190) Peaches or Diet Peaches (5) Soup of the Day
Calories: 807 Sodium: 950 mg	Calories: 1038 Sodium: 1278 mg	Calories: 694 Sodium: 1135 mg	Calories: 545 Sodium: 789 mg	Calories: 795 Sodium: 596 mg
Cold Plate 17	18	High Sodium Day 19	Picnic Day 20	21
Turkey Salad (304) Pasta Salad (268) Beet & Onion Salad (165) Orange Juice (26) Rye Bread (150) Jell-O or Diet Jell-O (53)	BBQ Chicken (560*) Baked Potato (7) Broccoli Florets (9) Whole Grain Bread (160) Pineapple or (1) Diet Pineapple	Baked Ham w/Fruit Sauce (852*) Sweet Potatoes (25) Corn (1) Orange Juice (26) Multi Grain Roll (190) Peaches or Diet Peaches (5)	Hamburger (57)/ Hot Dog(550) Baked Beans (287) Corn on the Cob (4) Cold Slaw (167) Potato Chips (168) Watermelon (2) Buns (230) Ice Cream (35)/ Dt Ice Cream	Meatloaf w/Gravy (300) Mashed Potatoes (46) Carrots (44) Whole Grain Bread (200) Fresh Fruit (1) Soup of the Day 
Calories: 1074 Sodium: 755 mg	Calories: 700 Sodium: 844 mg	Calories: 646 Sodium: 1207 mg	Calories: 1077 (higher w/ hotdog) Sodium: 953 mg (higher w/ hotdog)	Calories: 630 Sodium: 591 mg
24	25	26	27	Cold Plate 28
Stuffed Shells w/ Tomato Sauce (490) Italian Blend Vegetables (32) Orange Juice (26) Garlic Bread (320) Fresh Fruit (1)	Roast Pork w/Gravy (82) Wild Rice (125) Summer Vegetable Blend (24) Whole Wheat Bread (160) Applesauce or (14) Diet Applesauce	Chicken Parmesan w/Sauce Pasta / Sauce (776*) Broccoli (9) Italian Bread (230) Tropical Fruit or (10) Diet Tropical Fruit	Liver & Onions (287) Mashed Potatoes (46) Green Beans (2) Multi Grain Roll (190) Pudding or (190) Diet Pudding	Tuna Salad (261) Macaroni Salad (229) Vegetable Salad (171) Whole Wheat Bread (160) Cookies/Dt Cookie (190) Soup of the Day
Calories: 687 Sodium: 975 mg	Calories: 618 Sodium: 551 mg	Calories: 757 Sodium: 1132 mg	Calories: 882 Sodium: 822 mg	Calories: 929 Sodium: 1118 mg
31				
Mild Beef Chili (287) Rice (27) Wax Beans (3) Orange Juice (26) Biscuit (310) Pie w/Topping or Diet Pie (240)				
Calories: 1030 Sodium: 1001 mg				

Average percent of calories coming from fat this month is 26.5%

Nutrition information includes entrée only. Approx. sodium for milk: 100 mg, bread: 150 mg, fruit: 5 mg, sweets: 200 mg

** High Sodium Days are the 11th & 20th