

January 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
1	2	3	4	5
CENTER IS CLOSED NEW YEARS DAY	Roasted Chicken w/Gravy (343) Rice Pilaf (237) Peas (58) Pineapple or (1) Diet Pineapple	Kielbasa (683) Lazy Pierogi (186) Carrots (44) Rye Bread (150) Peaches or Diet Peaches (5)	Meatloaf w/Mushrm Gravy (300) Au Gratin Potatoes (268) Broccoli & Cauliflower (31) Whole Wheat Bread (160) Pudding or Dt Pudding (190)	Parmesan Haddock (609*) Rice Pilaf (237) Corn (1) Wheat Bread (115) Tropical Fruit or (10) Diet Tropical Fruit
	Calories: 839 Sodium: 1002 mg	Calories: 729 Sodium: 1175 mg	Calories: 735 Sodium: 1057 mg	Calories: 636 Sodium: 1079 mg
8	High Sodium Meal 9	10	11	12
Teriyaki Chicken (605*) Mashed Potatoes (46) Beets (134) Whole Grained Bread (160) Mandarin Oranges or (5) Diet Mandarin Oranges	BIRTHDAY/ANNIVERSARY French Meat Pie w/Gravy (490) Egg Noodles (5) Broccoli (9) Roll (160) Cake or Diet Cake (574)	Spaghetti & Meatballs (290) Tomato Sauce Garlic Bread (320) Spinach (76) Peaches or Diet Peaches (5)	Beef Stew (94) Mashed Potatoes (46) Wax Beans (3) Biscuits (310) Cookies or (190) Diet Cookies	Stuffed Shells w/Sauce (460) Peas & Carrots (90) Roll (190) Juice (15) Mixed Fruit or (5) Diet Mixed Fruit
Calories: 551 Sodium: 1059 mg	Calories: 1313 Sodium: 1345 mg	Calories: 732 Sodium: 798 mg	Calories: 927 Sodium: 751 mg	Calories: 496 Sodium: 759 mg
15	16	17	High Sodium Meal 18	19
CENTER IS CLOSED Martin Luther King, Jr. Day	BBQ Chicken (560) Corn Coblet (1) Mashed Potatoes (46) Whole Grain Bread (200) Apricots or (5) Diet Apricots	Ground Beef Stroganoff (140) Noodles (5) Broccoli (9) Biscuit (320) Mixed Fruit (5) or Diet Mixed Fruit	Ham/Noodle Casserole (1063*) Green Beans (2) Rye Bread (150) Juice (15) Peaches or (5) Diet Peaches	Salmon Boats (210) with Lemon/Dill Sauce Brown Rice (24) Spinach (76) Multi Grain Bread (200) Mandarin Oranges (5) Diet Mandarin Oranges
Calories: Sodium: mg	Calories: 740 Sodium: 920 mg	Calories: 832 Sodium: 575 mg	Calories: 666 Sodium: 1342 mg	Calories: 517 Sodium: 623 mg
22	23	24	25	26
Shepherd's Pie (349) Mashed Potato & Gravy Wax Beans (3) Rye Bread (150) Pears or Diet Pears (4)	Liver & Onions w/Gravy (331) Scalloped Potatoes (205) Stewed Tomato (154) Whole Grain Bread (160) Brownies or (128) Diet Brownies	American Chop Suey (289) Broccoli (9) Cornbread (310) Fruit (5)	Roasted Turkey w/Gravy (485) Mashed Potatoes (46) Mixed Vegetables (43) Cranberry Sauce (4) Multi Grain Bread (200) Peaches /Diet Peaches (5)	Fiesta Pollock (230) Egg Noodles (5) Corn (1) Roll (160) Juice 915) Fruit Crisp or (5) Diet Fruit Crisp
Calories: 646 Sodium: 613 mg	Calories: 905 Sodium: 1084 mg	Calories: 661 Sodium: 719 mg	Calories: 563 Sodium: 890 mg	Calories: 820 Sodium: 524 mg
29	30	31		
Lasagna w/Meat Sauce (497) Broccoli & Cauliflower (43) Garlic Bread (320) Pineapple or (1) Diet Pineapple	Oven Fried Chicken (486) Baked Potato (7) Peas & Onions (67) Whole Wheat Bread (160) Jell-O or Diet Jell-O (53)	Macaroni & Cheese (268) Stewed Tomatoes (154) Green Beans (2) Whole Grain Roll (190) Pears or Diet Pears (5)		
Calories: 709 Sodium: 969 mg	Calories: 801 Sodium: 881 mg	Calories: 733 Sodium: 725 mg		

Average percent of calories coming from fat is 25.1 %

Sodium content (mg) is listed in parentheses after each food item. HIGH SODIUM MEALS ARE ON THE 9th & 18th
 Calories and Sodium listed are for the entire meal including an 8 oz milk (1%), containing ~100 calories & ~100 mg sodium.