

November 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
			Sweet & Sour Chicken (462) Egg Noodles (5) Squash Blend (43) Whole Grain Bread (160) Tropical Fruit or (10) Diet Tropical Fruit	Grilled Cheese & Tomato Sandwich (554*) Potato Puffs (240) Spinach (76) Pears or Diet Pears (4) Soup of the Day (115)
			Calories: 669 Sodium: 780 mg	Calories: 727 Sodium: 1089 mg
5	6	7	8	9
Macaroni & Cheese (268) Stewed Tomatoes (248) Whole Grain Bread (160) Pears or Diet Pears (4)	THANKSGIVING LUNCHEON Roast Turkey w/Gravy (492) Mashed Potatoes (46) Butternut Squash (3) Cranberry Sauce (4) Roll (160) Pumpkin Pie or (289) Diet Pumpkin Pie	Stuffed Shells/ Sauce (459) Broccoli (9) Multi Grained Roll (190) Mixed Fruit or (5) Diet Fruit	BIRTHDAY/ANNIVERSARY Roast Pork w/Gravy (122) Roasted Potatoes (38) Mixed Vegetables (43) Multi Grain Bread (200) Juice (15) Cake or Diet Cake (219)	Veal Patty w/ Sauce (665) Rice (27) Zucchini Blend (2) Wheat Bread (115) Juice (15) Peaches or Dt Peaches (5) Soup of the Day (115)
Calories: 714 Sodium: 780 mg	Calories: 769 Sodium: 1095 mg	Calories: 503 Sodium: 763 mg	Calories: 876 Sodium: 736 mg	Calories: 683 Sodium: 1030 mg
12	13	HIGH SODIUM MEAL	14	15
VETERANS' DAY CENTER IS CLOSED	Baked Ham with Fruit Sauce (852*) Sweet Potatoes (25) Wax Beans (3) Rye Bread (150) Pineapple or (1) Diet Pineapple	BBQ Chicken (670*) Au Gratin Potatoes (268) Green Beans (2) Whole Grain Roll (160) Juice (15) Pears or Diet Pears (4)	Veteran's Luncheon Beef Tips / Sauce (347) Mashed Potatoes (46) Carrots (44) Biscuit (340) Cake or Diet Cake (219)	Fish Sandwich (483) Potato Chips (80) Vegetable Soup (115) Tropical Fruit (10)
Calories: Sodium: mg	Calories: 530 Sodium: 1132 mg	Calories: 592 Sodium: 1220 mg	Calories: 766 Sodium: 1065 mg	Calories: 623 Sodium: 788 mg
19	20	21	22	23
Stuffed Peppers (123) Mashed Potatoes (46) Carrots (44) Rye Bread (150) Peaches or (5) Diet Peaches	Veal Parmesan with Pasta/Red Sauce (520*) Broccoli (9) Garlic Bread (320) Jello or Diet Jello (53)	Oven Baked Chicken (95) Baked Potato (7) Peas & Onions (67) Cranberry Sauce (4) Multi Grained Roll (190) Mandarin Oranges (5) Diet Mandarin Oranges	THANKSGIVING DAY CENTER IS CLOSED	Center Closed
Calories: 576 Sodium: 468 mg	Calories: 897 Sodium: 1102 mg	Calories: 639 Sodium: 479 mg	Calories: Sodium: mg	Calories: Sodium: mg
26	27	28	29	30
Liver & Onions (287) Mashed Potatoes (46) Wax Beans (2) Whole Grain Bread (160) Juice (15) Cookies or Diet Cookies (210)	Chicken Breast w/Gravy (363) Mashed Potatoes (46) Carrots (44) Multi Grained Roll (160) Mixed Fruit or (5) Diet Mixed Fruit	American Chop Suey (289) Mixed Vegetables (43) Cornbread (310) Broccoli (9) Apricots (5)	Beef Stew (94) Green Beans (3) Biscuit (310) Juice (15) Pudding (182) Diet Pudding	Baked Haddock Fillets (296) Rice Pilaf (237) Spinach (76) Whole Grained Bread (160) Tropical Fruit (10)
Calories: 1048 Sodium: 821 mg	Calories: 545 Sodium: 717 mg	Calories: 723 Sodium: 755 mg	Calories: 778 Sodium: 703 mg	Calories: 508 Sodium: 878 mg

Average percent of calories coming from fat this month is %

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

** High Sodium Day = 14th