


**WestMass ElderCare - JULY 2022 VEGETARIAN FROZEN SUPPER - Home Delivered Meals**

For Meal Cancellations or Questions About Your Meals, please call the Nutrition Department at (413) 538-9020 by noon the business day before the meal.  
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		SATURDAY		SUNDAY	
<p align="center"><b>MENUS SUBJECT TO CHANGE WITHOUT NOTICE.</b></p> <p align="center">Weekend meals are provided to authorized clients only.</p>								1	2	3			
								Three Cheese Macaroni White Bread Fresh Fruit 1% Milk	Breakfast Omelet Rye Bread Canned Pears 1% Milk	Manicotti Alfredo Dinner Roll Tropical Fruit 1% Milk			
4	5	6	7	8	9	10							
	Western Omelet Whole Wheat Bread Tropical Fruit 1% Milk	Three Cheese Macaroni Wheat Roll Cookie / SF Cookie 1% Milk	Breakfast Omelet Oatnut Bread Mandarin Oranges 1% Milk	Manicotti Alfredo Rye Bread Pineapple 1% Milk	Cuban Black Bean & Rice White Bread Canned Pear 1% Milk	Western Omelet Wheat Bread Mixed Fruit 1% Milk							
11	12	13	14	15	16	17							
Three Cheese Macaroni Wheat Bread Mandarin Oranges 1% Milk	Breakfast Omelet Whole Wheat Bread Pudding / SF Pudding 1% Milk	Manicotti Alfredo Wheat Roll Mixed Fruit 1% Milk	Cuban Black Bean & Rice Oatnut Bread Tropical Fruit 1% Milk	Western Omelet Rye Bread Pineapple 1% Milk	Three Cheese Macaroni White Bread Canned Pears 1% Milk	Breakfast Omelet Wheat Bread Fresh Fruit 1% Milk							
18	19	20	21	22	23	24							
Manicotti Alfredo Wheat Bread Mandarin Oranges 1% Milk	Cuban Black Bean & Rice Whole Wheat Bread Pineapple 1% Milk	Western Omelet Wheat Roll Cookie / SF Cookie 1% Milk	Three Cheese Macaroni Oatnut Bread Mixed Fruit 1% Milk	Breakfast Omelet Rye Bread Tropical Fruit 1% Milk	Manicotti Alfredo White Bread Fresh Fruit 1% Milk	Cuban Black Bean & Rice Wheat Bread Mixed Fruit 1% Milk							
25	26	27	28	29	30	31							
Western Omelet Wheat Bread Mandarin Oranges 1% Milk	Three Cheese Macaroni Whole Wheat Bread Mixed Fruit 1% Milk	Breakfast Omelet Wheat Roll Tropical Fruit 1% Milk	Manicotti Alfredo Oatnut Bread Canned Pears 1% Milk	Cuban Black Bean & Rice Rye Bread Cookie / SF Cookie 1% Milk	Three Cheese Macaroni White Bread Fresh Orange/Clementine 1% Milk	Cuban Black Bean & Rice Wheat Bread Pudding / SF Pudding 1% Milk							