


**WestMass ElderCare - JULY 2022 VEGETARIAN LUNCH - Home Delivered Meals**

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
<p>*Sodium content (mg) listed in parentheses next to food/drink item above. *Denotes item food item with 500 mg or more sodium m. Margarine adds an extra 36 mg sodium, 25 calories. **Optional item not included in nutrient analysis.</p> <p>*Total Carbs listed are from the Modified Menu with dessert not high in carb.</p> <p>*MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>				<p><b>1 COLD PLATE</b></p> <p>Salad (307) with Chick'n Tenders (510)*, French Dressing (110) Parmesan Cheese Marinated Tomato Salad (15) Wheat Bread (115) Swiss Roll(100)/SF Ckie 1% Milk (100) Sodium 950, Cal 739, Carb 66</p>
4	5	6	7	8
<p><b>NO MEAL SERVICE</b></p> 	<p>Cheese Blintz* (sodium content not yet available) Steamed Red Potatoes (6) Broccoli (9) Rye Bread (230) Canned Peaches (5) 1% Milk (100)</p>	<p>Meatless Burger (650)* w/ Lettuce &amp; Tomato (2) LS Cheese (198) Corn (1), Herbed Penne (1) Hamburger Bun (230) Fresh Fruit (2) 1% Milk (100), Ketchup**, Mayo** Sodium 1184, Cal 700, Carb 111</p>	<p>Meatless Chick'n Patty (330) w/ Chef's Choice Sauce (~214) Mashed Potatoes (126) Peas &amp; Carrots (90) Wheat Roll (210) Cookie (79) / SF Cookie 1% Milk (100) Sodium 1016, Cal 642, Carb 85</p>	<p>Plant-based Hotdog (490) Yellow Rice (169) Cilantro Lime Coleslaw (20) Hotdog Roll (210) Yogurt (75) 1% Milk (100) Ketchup**, Mustard** Sodium 1064, Cal 777, Carb 90</p>
11	12	13	14	15
<p>Sweet &amp; Sour Plant-Based Meatballs (335) Rice (4) Oriental Blend (21) Oatnut Bread (150) Pudding(246)/SF Pud., 1% Milk Sodium 856, Cal 669, Carb 107</p>	<p>Mashed Chickpea Salad (~340) Tortellini Broccoli Salad (115) Cucumber Salad (122) Hotdog Bun (210) Mandarin Oranges (6) 1% Milk (100) Sodium 894, Carb 703, Cal 81</p>	<p>Meatless Shephard's Pie (705)* Carrots (44) Whole Wheat Bread (170) Fresh Fruit (2) 1% Milk (100) Sodium 1020, Cal 567, Carb 97</p>	<p>Meatless Chick'n Patty(510)* w/ Garlic Sauce (58) 1/2 Baked Potato (4) Tuscan Blend Veg (48) Wheat Bread (115) Birthday Cake(291)/Angel Cake 1% Milk (100) Sodium 1081, Cal 779, Carb 97</p>	<p>Mac &amp; Cheese w/ Chorizo Crumbles (~648)* Peas &amp; Carrots (90) Wheat Bread (115) Canned Pears (4) Wheat Bread (115) 1% Milk (100) Sodium 956, Cal 599, Carb 96</p>
18	19	20	21	22
	<p><b>TACO TUESDAY</b></p>			<p><b>COLD PLATE</b></p>
<p>Ravioli (330) with Marinara Sauce (25) Peas &amp; Carrots (90) Whole Wheat Bread (170) Yogurt (75) 1% Milk (100) Sodium 789, Cal 620, Carb 96</p>	<p>Taco Mix with Beans &amp; Veggie Chorizo Crumbles (696)* White Rice (4) Mexicali Corn (56) Flour Tortilla (170) Mandarin Oranges (6) 1% Milk (100) Sodium 1125, Cal 770, Carb 85</p>	<p>Chick'n Tenders (510)* with Honey Glaze (1) Red Bliss Potatoes (6) Broccoli (9) Mini Biscuit (170) Fresh Fruit (2) 1% Milk (100) Sodium 797, Cal 650, Carb 102</p>	<p>Egg &amp; Cheese (210) Vegetarian Sausage Patty(324) Hashbrown (249) Scandinavian Veg (31) Applesauce (9) Wheat Bread (115) 1% Milk (100), Ketchup** Sodium 1038, Cal 576, Carb 71</p>	<p>Spinach Salad w/ Egg, Cheese, Tempeh Bacon, Chick'n (326) Potato Salad (237) Wheat Bread (115) Cookie (79) / SF Cookie 1% Milk (100) Sodium 965, Cal 639, Carb 66</p>
25	26	27	28	29
		<p><b>COLD PLATE</b></p>		<p><b>HIGH SODIUM MEAL</b></p>
<p>Chick'n Strips (230) with Onions &amp; Peppers (28) Warm Lemon Chickpea Salad (130) Cornbread (80) Pudding (210) / SF Pudding 1% Milk (100)</p>	<p>Meatless Chick'n Parm (733)* Penne (1) Green Beans (3) Italian Bread (230) Canned Pears (4) 1% Milk (100)</p>	<p>Cobb Salad with 1 oz Cheese, 1 Egg, and 1/4 c Chickpeas (429) Ranch Packet (110) Potato Salad (237) Wheat Bread (115) Mandarin Oranges (6) 1% Milk (100)</p>	<p>Meatless Burger w/ BBQ Yellow Rice &amp; Pigeon Peas (47) California Blend (17) Oatnut Bread (150) Fresh Fruit (2) 1% Milk (100)</p>	<p>Broccoli Cheese Quiche (446) Tater Tots (334) Stewed Tomatoes (270) Wheat Bread (115) Brownie (150) / SF Cookie (~75) 1% Milk (100)</p>