

Highland Valley Elder Services Community Dining Menu - November 2021

The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>CHOICE: Sloppy Joe</u>                      Chicken Fajitas (173)                      Onion and Peppers (43)                      Shredded Cheese (185)                      Tortilla (170)                      Rice and Beans (70)                      Chilled Peaches (8)                      Cal: 783 Sodium: 775 Carb: 97</p>	<p>2</p> <p><u>CHOICE: Sloppy Joe</u>                      Lasagna Rolls (290)                      Marinara Sauce (235)                      Italian Blend Vegetables (52)                      French Bread (256)                      # Brownie (154)                      Cal: 687 Sodium: 1112 Carb: 101</p>	<p>3</p> <p><u>CHOICE: Sloppy Joe</u>                      Low Sodium Hot Dog on a Bun** (582)                      Vegetarian Baked Beans (132)                      Green Beans (3)                      Fresh Fruit (1)                      Cal: 613 Sodium: 842 Carb: 79</p>	<p>4</p> <p><b>HIGH SODIUM DAY</b>  <u>CHOICE: Sloppy Joe</u>                      Pollock Potato Crunch Filet (303)                      w/ Tartar Sauce (261)                      Oven Roasted Potatoes (6)                      Peas (66)                      French Bread (256)                      # Lemon Pudding (299)                      Cal: 963 Sodium: 1316 Carb: 119</p>	<p>5</p> <p><u>CHOICE: Sloppy Joe</u>                      Stuffed Pepper (237)                      Macaroni and Cheese (249)                      Stewed Tomatoes (221)                      Chilled Pears (16)                      Cal: 723 Sodium: 838 Carb: 73</p>
<p>8</p> <p><u>CHOICE: Macaroni &amp; Cheese</u>                      Skillet Frittata w/                      Turkey Sausage &amp; Cheese (389)                      Cheese Sauce (193)                      Spinach (4)                      Oven Roasted Sweet Potatoes (63)                      # Apple Cinnamon Muffin (190)                      Cal: 971 Sodium: 1069 Carb: 94</p>	<p>9</p> <p><u>CHOICE: Macaroni &amp; Cheese</u>                      Chicken Patty on a Bun** (730)                      Lettuce and Tomato (21)                      California Blend Vegetables (27)                      # Fruited Gelatin w/ Whip Topping (61)                      Cal: 554 Sodium: 964 Carb: 73</p>	<p>10</p> <p><u>CHOICE: Macaroni &amp; Cheese</u>                      Salmon w/ Dill Sauce (130)                      Lemon Zest Broccoli (55)                      Steamed Carrots (77)                      Dinner Roll (210)                      Fresh Fruit (1)                      Cal: 599 Sodium: 599 Carb: 72</p>	<p>11</p> <p><b>NO MEALS</b></p> <p><b>VETERANS DAY</b></p>	<p>12</p> <p><b>HIGH SODIUM DAY</b>  <u>CHOICE: Macaroni &amp; Cheese</u>                      Ham &amp; Pickle Salad** (975)                      Lettuce, Tomato, &amp; Cucumber (5)                      Macaroni Salad (238)                      Rye Bread (150)                      Chilled Mixed Fruit (9)                      Cal: 685 Sodium: 1502 Carb: 69</p>
<p>15</p> <p><u>CHOICE: Turkey Stew</u>                      Spaghetti &amp; Meat Sauce (310)                      Italian Blend Vegetables (52)                      Caesar Salad (295)                      Dinner Roll (210)                      Yoyurt (75)                      Cal: 890 Sodium: 1067 Carb: 102</p>	<p>16</p> <p><u>CHOICE: Turkey Stew</u>                      Pork Choppette w/ Gravy** (588)                      Beets and Sweets (220)                      Pumpernickel Bread (135)                      Applesauce (246)                      Cal: 745 Sodium: 1092 Carb: 96</p>	<p>17</p> <p><u>CHOICE: Turkey Stew</u>                      Chicken Pot Pie** (543)                      Roasted Brussel Sprouts (9)                      Warm Fruit Compote (8)                      Cherry Snack n Loaf (115)                      Cal: 713 Sodium: 800 Carb: 85</p>	<p>18</p> <p><u>CHOICE: Turkey Stew</u>                      Lemon Picatta Catfish (122)                      Whipped Potatoes (93)                      Steamed Broccoli (9)                      French Bread (256)                      # Birthday Cake (18)                      Cal: 583 Sodium: 498 Carb: 73</p>	<p>19</p> <p><u>CHOICE: Turkey Stew</u>                      Philly Cheese Steak (318)                      on Grinder Roll (218)                      Onions and Peppers (0)                      Roasted Potatoes (29)                      Fresh Fruit (1)                      Cal: 751 Sodium: 692 Carb: 91</p>
<p>22</p> <p><u>CHOICE: Fish Sticks</u>                      Broccoli and Cheese Quiche (396)                      Au Gratin Potatoes (285)                      Wheat Dinner Roll (210)                      Chilled Pears (5)                      Cal: 860 Sodium: 1021 Carb: 90</p>	<p>23</p> <p><u>CHOICE: Fish Sticks</u>                      Cheeseburger on a bun** (672)                      Vegetarian Baked Beans (156)                      Steamed Carrots (62)                      Fresh Fruit (1)                      Cal: 747 Sodium: 1017 Carb: 88</p>	<p>24</p> <p><u>CHOICE: Fish Sticks</u>                      Oven Roasted Turkey w/ Gravy (472)                      Stuffing (66)                      Butternut Squash (36)                      Whipped Potato (58)                      Cranberry Sauce (1)                      # Pumpkin Pie (300)                      Cal: 841 Sodium: 1058 Carb: 122</p>	<p>25</p> <p><b>NO MEALS</b></p> <p><b>HAPPY THANKSGIVING</b></p>	<p>26</p> <p><u>CHOICE: Fish Sticks</u>                      Chicken Salad (251)                      Lettuce &amp; Tomato (21)                      Pita Bread (250)                      Three Bean Salad (250)                      # Fruited Gelatin w/ Whip Topping (61)                      Cal: 904 Sodium: 1038 Carb: 104</p>
<p>29</p> <p><u>CHOICE: Meatloaf</u>                      Teriyaki Glazed Pollock** (551)                      Fried Rice (9)                      Oriental Blend Vegetables (9)                      Mandarin Oranges (17)                      # Fruit Crunch Bar (80)                      Cal: 759 Sodium: 795 Carb: 108</p>	<p>30</p> <p><u>CHOICE: Meatloaf</u>                      American Chop Suey (301)                      Steamed Broccoli (9)                      Vegetable Soup (174)                      Dinner Roll (210)                      # Vanilla Pudding (220)                      Cal: 761 Sodium: 1040 Carb: 97</p>	<p><b>NOVEMBER</b></p>	<p>Key for Symbols:                      Cal: Calories                      Carb: Carbohydrates (gm)                      Sodium (mg)                      # Diabetic Substitute                      **Higher Sodium Item (&gt;500ma)                      ☺ Local Produce                      🌿 Vegetarian</p>	 <p>Highland Valley ELDER SERVICES</p>



Funding Sources include the City of Westfield Community Development Block Grant  
 Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in ( ), all meals include milk w/ 125 mg sodium.  
 If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.

