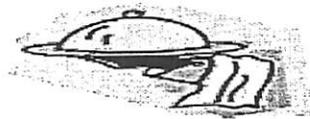
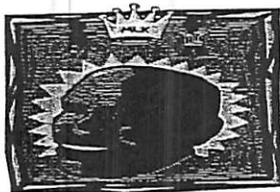


January 2015
WestMass ElderCare Inc. Congregate
Granby Council on Aging



10 West State St., Granby, MA- Please call 467-3239 to make lunch reservations 24 hours in advance
 Suggested, Confidential Voluntary Donation of \$2.25 per meal-Meals subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			New Year's Day No Meals Served 	Crm Broccoli Soup/Ckrs BBQ Pork Choppette Sweet Potatoes Rye Bread Orange Calories: 725 Fat %: 35 Sodium: 1307mg
5	6	7	8	9
Chicken/Cacciatori Sauce Roasted Red Potatoes Italian Blend Vegetables Wheat Bread Mixed Fruit Diet Mixed Fruit Calories: 578 Fat %: 20 Sodium: 816mg	Pea Soup/Ckrs Cheese Ravioli w/Meat Sauce MultiGrain Bread Applesauce Calories: 788 Fat %: 29 Sodium: 1079mg	~New Year's Dinner~ Roast Beef/Gravy Baked Potato/Sour Cream Grn Beens/Mushrooms Dinner Roll Apple Pie/Diet Pie Calories: 765 Fat %: 38 Sodium: 706mg	Veal Patty/MushroomGvy Oven Brown Potatoes Californ. Blend Vegetables Wheat Bread Fruited Jello/Topping Diet Jello Calories: 806 Fat %: 37 Sodium: 1071mg	Salmon/Dill Sauce Mashed Potatoes Herbed Carrots Whole Wheat Bread Pears/Diet Pears Calories: 555 Fat %: 26 Sodium: 639mg
12	13	14	15	16
Chicken Filet w/Balsamic Dressing Brown Rice Pilaf Green Beans Rye Bread Mandarin Oranges Diet Mandarin Oranges Calories: 607 Fat %: 16 Sodium: 658 mg	Meatloaf/Gravy Mashed Potatoes Peas Multigrain Bread Peaches/Diet Peaches Calories: 744 Fat %: 26 Sodium: 699mg	Spaghetti/Meat Balls Italian Style Vegetables Garlic Bread Baked Apples Calories: 836 Fat %: 28 Sodium: 982mg	Create Your Own Bowl of Soup   Orange Juice Oatmeal Bread Pears/Diet Pears	French Meat Pie/Gravy Mashed Potatoes Spinach Oatmeal Bread Orange Cake/Diet Cake Calories: 1205 Fat %: 38 Sodium: 1266mg
19	20	21	22	23
Martin Luther King Day No Meals Served 	Chicken Rice Casserole Stewed Tomatoes Whole Wheat Bread Tropical Fruit Diet Tropical Fruit Calories: 590 Fat %: 23 Sodium: 673 mg	Roast Pork/Gravy Mashed Potatoes Corn Rye Bread Apricots Diet Apricots Calories: 742 Fat %: 27 Sodium: 414mg	Orange Juice Beans Soup/Ckrs Rst Chicken/Gravy/Cran Sc Herbed Stuffing Dinner Roll Lemon Pudding Diet Pudding Calories: 822 Fat %: 31 Sodium: 1233mg	Cranberry Juice Swt Pot Pollock/Tartar Sc Savory Brown Rice Peas Pumpnickel Bread Brownie/Diet Dessert Calories: 1085 Fat %: 30 Sodium: 933mg
26	27	28	29	30
Chicken/Dumplings Chef's Choice Vegetables Biscuit Pineapple Calories: 672 Fat %: 19 Sodium: 756mg	~Summer in Winter~ Tomato Basil Soup/Ckrs Cheese Burger/Catsup Oven Brown Potatoes Hamburger Roll Cookie/Diet Cookie Calories: 647 Fat %: 28 Sodium: 1436mg	Beef Stew Diced Potatoes Wheat Bread Tropical Fruit Diet Tropical Fruit Calories: 852 Fat %: 33 Sodium: 1257mg	Roast Turkey/Gravy Cranberry Sauce Mashed Potatoes Glazed Carrots Dinner Roll Pumpkin Pie/Diet Pie Calories: 1025 Fat %: 34 Sodium: 1553mg	Ham/PotatoCasserole Spinach Oatmeal Bread Peaches/Diet Peaches Calories: 590 Fat %: 19 Sodium: 1439mg



Ring in the New Year with Nutrition!

By Mary Gates, Keene State College Dietetic Intern

Check out our Nutrition Resolutions for 2015!



Eat More Fruits and Veggies

- Aim for at least 5 servings a day.
- Eat a variety of colors.



Choose Whole Grains

- Make at least half of your grains whole.
- Substitute brown rice for white or whole wheat bread for white bread.



Eat Lean Meats

- Choose lean meats like turkey, fish, or chicken over fatty meats like beef and pork.



Include Calcium and Vitamin D

- Promote bone health by including 2 servings of low-fat milk, yogurt, or cheese each day.



Enjoy Healthy Fats

- Replace bad fats like butter and lard with healthy monounsaturated fats like avocado, olive oil, canola oil, walnuts, and flaxseeds.