

December Menu 2021



COMMUNITY TABLE at Granby

South Hadley COA - 45 Dayton Street South Hadley, MA - For meal reservations and cancellations call, 538-5030 by NOON.
Suggested, Confidential, Voluntary Donation of \$2.25/meal. Guest under 60 years old \$6.50/meal.
Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome to CW Resources, our new meals caterer starting December 6th! Enjoy the meals!				
6	7	8	9	10
Lasagna Rollette Primavera White Sauce Italian Blend Veggies Garlic Bread Vanilla Pudding / SF Diet: Sugar Free Pudding 1% Milk	Swedish Meatballs Sour Cream Gravy Buttered Noodles Mixed Vegetables Assorted Rolls Fruit Cup 1% Milk	Roast Pork Loin Fresh Sweet Potatoes Tuscany Vegetables Rye Bread Birthday Cake Diet: Angel Food Cake 1% Milk	Chicken Ala King over Wild Rice Oriental Blend Veggies Wheat Bread Peaches 1% Milk	Corn Chowder Pier 17 Fish w/Tartar Sc Whole Baked Potato Sour Cream Spinach Dinner Roll Citrus Sections 1% Milk
<i>Nutrient Info:</i> Sodium: 1024, Cal: 622, Carb: 83	<i>Nutrient Info:</i> Sodium: 752, Cal: 693, Carb: 93	<i>Nutrient Info:</i> Sodium: 850, Cal: 865, Carb: 87	<i>Nutrient Info:</i> Sodium: 514, Cal: 578, Carb: 78	<i>Nutrient Info:</i> Sodium: 1082, Cal: 819, Carb: 90
13	14	15	16	17
Salisbury Steak with LS Beef Gravy Mashed Potatoes Peas Potato Bread Chocolate Chip Cookie Diet: Sugar Free Cookie 1% Milk	Orange Chicken Breast Buttered Rice Scandinavian Veggies Oatmeal Bread Applesauce 1% Milk	Butternut Squash Soup Crackers Fish Sandwich Sweet Potato Tots Cole Slaw, Tartar Sauce Hamburger Bun Fresh Pear 1% Milk	<i>Christmas Special</i> Eggnog** Stuffed Chicken Breast Chicken Gravy Oven Rsted Red Potatoes Baby Carrots and Peas Dinner Roll, 1% Milk Cheesecake Diet: Sugar Free Cake	Roast Turkey Turkey Gravy Garlic Mashed Potato Green Beans Multigrain Bread Peach Cobbler Peaches 1% Milk
<i>Nutrient Info:</i> Sodium: 1035, Cal: 646, Carb: 93	<i>Nutrient Info:</i> Sodium: 706, Cal: 559, Carb: 85	<i>Nutrient Info:</i> Sodium: 1107, Cal: 976, Carb: 114	<i>Nutrient Info:</i> Sodium: 1407, Cal: 952, Carb: 93	<i>Nutrient Info:</i> Sodium: 995, Cal: 779, Carb: 76
20	21	22	23	24
Meatballs & Sauce Penne, Mozzarella Mixed Veggies Wheat Bread Fresh Orange 1% Milk	Garden Salad w/Italian Dressing Chicken Cacciatore Yellow Rice Garlic Bread Rice Pudding Diet: Sugar Free Pudding 1% Milk	Hearty Vegetable Soup Crackers Hamburger Baked Beans Broccoli Hamburger Bun Wafer Cookies Diet: Sugar Free Cookie Ketchup, Mayo, 1% Milk	<i>Ethnic Day</i> Sweet and Sour Pork Fried Rice Oriental Blend Veggies Dinner Roll Pineapple Chunks 1% Milk	Closed Merry Christmas 
<i>Nutrient Info:</i> Sodium: 726, Cal: 597, Carb: 83	<i>Nutrient Info:</i> Sodium: 1216, Cal: 715 Carb: 83	<i>Nutrient Info:</i> Sodium: 974, Cal: 630, Carb: 96	<i>Nutrient Info:</i> Sodium: 622, Cal: 734, Carb: 102	
27	28	29	30	31
Cheesy Mac & Cheese Stewed Tomatoes Oatmeal Bread Pears 1% Milk	Roast Pork Loin w/ Onion Gravy Whole Baked Potato w/ Sour Cream Seasoned Spinach Wheat Bread Banana Pudding Diet: Sugar Free Pudding 1% Milk	Turkey Pot Pie with Diced Potatoes Green Beans Biscuit Peaches 1% Milk	<i>New Year's Special</i> Sliced Ham with Cherry Pineapple Sauce Mashed Sweet Potato Broccoli and Carrots Dinner Roll Boston Cream Pie Diet: Sugar Free Cake 1% Milk	Closed HAPPY 2021 NEW YEAR
<i>Nutrient Info:</i> Sodium: 1154, Cal: 602, Carb: 100	<i>Nutrient Info:</i> Sodium: 629, Cal: 696, Carb: 69	<i>Nutrient Info:</i> Sodium: 741, Cal: 490, Carb: 60	<i>Nutrient Info:</i> Sodium: 819, Cal: 1348, Carb: 113	

Sodium content (mg) listed in parentheses next to food/drink item above. *Denotes item food item with 500 mg or more sodium. Margarine adds an extra 36 mg sodium, 25 calories.
Total Carbs listed are from the Modified Menu with dessert not high in carb. MEALS SUBJECT TO CHANGE WITHOUT NOTICE.