

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

*Modifications for restricted sugar available, **High sodium meal

APRIL, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Fish Buttered Noodles Mixed Vegetables 100 % Whole Wheat Bread Orange	2 Beef Stew Roasted Potatoes Peas Biscuit Peaches w/ Topping	3 Roast Turkey, Gravy Stuffing Butternut Squash Rye Bread Pineapple	4 Calico Beans w/ Sausage Rice/Wild Rice Braised Red Cabbage Multi Grain Bread Pudding w/ Topping*
7 Shepherd's Pie Mashed Potatoes Green Beans 100 % Whole Wheat Bread Applesauce	8 Baked Chicken Roasted Potatoes Creamed Carrots Sour Dough Bread Pears	9 Salmon Boat w/ Cream Sauce Brown Rice w/ Lentils Broccoli Cuts Multi grain Bread Pudding w/ Topping*	10 Lasagna Mixed Greens Wax Beans Oatmeal Bread Banana	11 Chicken Noodle Soup Egg Salad Brussels Sprouts w/Cheese Sauce Hamburger Roll Apple Crisp*
14 Veal Parmesan w/ Tomato Sauce Ziti Mixed Italian Vegetables Italian Bread Pineapple	15 Pork Riblet w/ Sweet & Sour Sauce Roasted Potatoes Broccoli 100% Whole Wheat Bread Applesauce	16 Chicken Tetrazzini w/ Mushrooms Buttered Noodles Spinach Multi Grain Bread Peaches	17 Macaroni & Cheese Stewed Tomatoes Zucchini Squash Rye Bread Pudding w/ Topping*	18 Baked Fish w/Sauce Boiled Potatoes Succotash Oatmeal Bread Mixed Fruit
21 PATRIOTS DAY HOLIDAY	22 Swedish Meatballs Buttered Noodles Spinach Rye Bread Mixed Fruit	23 Barbecued Chicken Mashed Potatoes Green Beans 100 % Whole Wheat Bread Pudding w/ Topping	24 Hot Dog ** Baked Beans Cole Slaw Hot Dog Roll Warm Stewed Pears	25 Roast Pork, Gravy Roasted Potatoes Butternut Squash Multi-Grain Bread Fruited Gelatin w/ Topping*
28 Chicken Chow Mein Brown Rice Oriental Vegetables Rye Bread Orange	29 Boiled Ham** Sweet Potatoes Braised Cabbage 100% Whole Wheat Bread Applesauce	30 Tuna Noodle Casserole Summer Squash Stewed Tomatoes Multi-Grain Bread Pineapple	FDA rules for Healthy Foods: Sodium cannot exceed 360 mg. serving or 480 mg. per serving for meat-type products; low fat: 3 grams or less per serving; low-saturated fat: 1 gm. or less per serving; low sodium: 140 mg. or less per serving.	

If you will not be home when your meal is delivered
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION
\$2.00 PER MEAL to help defray costs