

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

AUGUST, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUTRITION MESSAGE: deep orange vegetables beta carotene content. to Vitamin A in the body healthy eyes as well as development.	Choose dark green and and fruit for their high Beta carotene converts and helps maintain promotes normal cell	1 Roast Pork Irish Potatoes Zucchini Bread Mixed Fruit	2 Lasagna w/ Meat Sauce Broccoli Corn Bread Pudding	3 Egg Salad Macaroni Salad Cole Slaw Hot Dog Roll Peaches
6 Salisbury Steak Parslied Potatoes Peas and Carrots Bread Pears	7 Oriental Chicken Brown Rice Chinese Vegetables Bread Pineapple	8 Fish Wedge Escalloped Potato French style Green Beans Bread Peaches	9 Swedish Meatballs Buttered Noodles Broccoli Bread Applesauce	10 Roast Turkey w/ Gravy Mashed Potato Summer Squash Bread Pudding
13 Chicken w/ Asparagus Roasted Red Potatoes Wax Beans Bread Mixed Fruit	14 Baked Ham Sweet Potato Braised Cabbage Bread Pears	15 Meatloaf Mashed Potatoes Corn Bread Pudding	16 Salmon Boat Wild Rice Blend Mixed Vegetables Bread Pineapple	17 Hot Dog Vegetarian Beans Sauerkraut Hot Dog Roll Gelatin w/ fruit
20 Macaroni & Cheese Tomato Medley Green Beans Bread Applesauce	21 Baked Chicken Roasted Potatoes Peas w/ mushrooms Biscuit Peaches	22 Roast Turkey w/ Gravy Mashed Potatoes Zucchini Bread Mixed Fruit	23 Tuna Salad Potato Salad Carrot Raisin Salad Hamburger Roll Pudding	24 Barbecue Pork Sweet Potato Broccoli Bread Pears
27 Stuffed Pepper Peas Carrots Bread Pineapple	28 Roast Pork Mashed Potatoes Green Beans Bread Pudding	29 Chef's Salad Tortellini Salad Three Bean Salad Bread Fresh Fruit Cup	30 Beef Stroganoff Buttered Noodles Spinach Bread Peaches	31 LABOR DAY MENU Barbecue Chicken Roasted Potatoes Corn Bread Watermelon

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

All contributions are returned to the community toward the cost of nutrition programs and services.