

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

August 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Chicken Rice Pilaf Broccoli Cuts Bread Pineapple	2 Hot Dog Baked Beans Cole Slaw Hot Dog Roll Fruit Crisp	3 Roast Pork Mashed Potatoes Niblet Corn Bread Applesauce	4 Macaroni & Cheese Stewed Tomatoes Green Beans Bread **Pudding
7 Salisbury Steak Wild Rice Beets Bread Pears	8 Baked Fish Potatoes AuGratin Spinach Hamburger Roll Mixed Fruit	9 Ham Salad Macaroni Salad Tossed Green Salad Hot Dog Roll **Cake	10 Turkey Dinner Garlic Mashed Potatoes Summer Squash Dinner Roll **Pudding	11 Chicken & Biscuit Red Potatoes Broccoli Peaches
14 Ham Hawaiian Sweet Potatoes Peas Bread Applesauce	15 Calico Beans & Sausage Brown Rice Spinach Bread Pineapple	16 Beef Stroganoff with mushrooms Noodles Broccoli Cuts Bread **Pudding	17 Meatloaf Mashed Potatoes French Green Beans Bread Fresh Fruit	18 Chef Salad Tortellini Salad Carrot & Raisin Salad Bread **Jello
21 Veal Parmesan Ziti Italian Green Beans Bread Mixed Fruit	22 BBQ Beef Sweet Potatoes Zucchini Bread **Cake	23 Lasagna w/meat sauce Creamed Carrots Mixed Greens Bread Pears	24 Vegetable Soup Oven Roasted Chicken Red New Potatoes Bread **Pudding	25 Roast Turkey Stuffing Peas & Mushrooms Bread Fresh Fruit
28 Sweet & Sour Pork Rice Mixed Vegetables Bread Peaches	29 Minestrone Soup Meatball Subs Ziti w/ Sauce Sub Roll Pineapple	30 Chicken Cacciatore with mushrooms Buttered Corn Rice Bread Watermelon	31 Tuna Salad Potato Salad Tossed Green Salad Hamburg Roll **Cookie	

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.