


Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

July 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hot Dog Sauerkraut Baked Beans Hot Dog Roll Pineapple	4 Fourth of July	5 Macaroni & Cheese Tomatoes Sliced Carrots Bread Fresh Fruit	6 Roast Pork Brussel Sprouts Sweet Potatoes Bread Peaches	7 Chicken Salad Tossed Salad Tortellini Salad Bread **Pudding
10 Meatballs Ziti with Tomato Sauce Italian Beans Sub Roll Pears	11 Tuna Noodle Casserole Peas & Onions Wax Beans Bread Mixed Fruit	12 Baked Chicken Squash Noodles Bread **Cake	13 BBQ Beef Vegetable Soup Roasted Potatoes Bread **Pudding	14 Baked Fish Summer Squash Boiled Potatoes Hamburg Roll Pineapple
17 Honey Glazed Ham Green Beans Scalloped Potatoes Bread Applesauce	18 Salisbury Steak Mixed Vegetables Wild Rice Bread Pears	19 Liver & Onions Beets Boiled Potatoes Bread **Pudding	20 Chef Salad Carrot Raisin Salad Macaroni Salad Bread Pineapple	21 Meatloaf Peas & Mushrooms Au gratin Potatoes Bread **Jello
24 Shepherd's Pie Cream of Broccoli Soup Mashed Potatoes Bread Mixed Fruit	25 Chicken Divan Spinach Noodles Bread **Cake	26 Roast Pork Buttered Corn Mashed Potatoes Bread Watermelon	27 Lasagna Tossed Salad - Cong. Broccoli & Cauliflower Carrots - MOW Bread **Pudding	28 Turkey Dinner French Green Beans Garlic Mashed Potatoes Dinner Roll **Cookie
31 Hamburg Stew Corn & Pimentos Boiled potatoes Biscuit Peaches				

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

Jul-06

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