

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

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

July 2008

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monthly Tip Remember during the hot summer months to keep hot foods hot and cold foods cold. Use your ice pack to keep your picnic food safe.</p>	<p>1 Chef Salad Potato Salad Carrot Raisin Salad 100% Wheat Bread Mixed Fruit</p>	<p>2 Roast Pork, Gravy Scalloped Potatoes Buttered Corn Rye Bread Applesauce</p>	<p>4th of July Menu Hot Dog** Baked Beans Sauerkraut (MOW) Cole slaw (Cong.) Hot Dog Roll Watermelon</p>	<p>4 Fourth of July</p>
<p>7 Swedish Meatballs w/ Mushrooms Buttered Noodles Broccoli Rye Bread Peaches</p>	<p>8 Goulash Spinach Diced Beets 100 % Whole Wheat Bread Fresh Fruit</p>	<p>9 Tuna Salad Pasta Salad Tossed Salad Hamburg Roll Pineapple Tidbits</p>	<p>10 Roast Turkey, Gravy Mashed Potatoes Mixed Greens Oat Bread Applesauce</p>	<p>11 Breaded Pork Chop Rice Pilaf w/ Lentils Brussels Sprouts w/ Cheese Sauce Multi Grain Bread Pudding w/ Topping*</p>
<p>14 Barbecue Beef Sweet Potatoes Sweet & Sour Red Cabbage Sour Dough Bread Mixed Fruit</p>	<p>15 Macaroni & Cheese Peas Stewed Tomatoes 100 % Whole Wheat Bread Pears</p>	<p>16 Baked Fish Roasted Potatoes Carrots Oat Bread Sliced Apples</p>	<p>17 Roast Pork, Gravy Herbed Potatoes Mixed Vegetables Rye Bread Pudding w/ Topping*</p>	<p>18 Cheese Lasagna Broccoli Wax Beans Italian Bread Cookie*</p>
<p>21 Orange Glazed Chicken Parslied Noodles Corn Dinner Roll Pineapple</p>	<p>22 Meatloaf, Gravy Mashed Potatoes Summer Squash Multi Grain Bread Applesauce</p>	<p>23 Sweet & Sour Pork Brown Rice Pilaf Spinach Rye Bread Pudding w/ Topping*</p>	<p>24 Salisbury Steak Potato au Gratin Green Beans Biscuit Peaches</p>	<p>25 Roast Turkey, Gravy Mashed Potatoes Butternut Squash 100 % Whole Wheat Bread Mixed Fruit</p>
<p>28 Veal Parmesan, Tomato Sauce Pasta Broccoli Italian Bread Pears</p>	<p>29 Baked Ham** Sweet Potatoes Succotash 100 % Whole Wheat Bread Pineapple Tidbits</p>	<p>30 Chicken Salad Dill Potato Salad Tossed Salad Hamburg Roll Sliced Spiced Apples</p>	<p>31 Baked Salmon w/Newburg Sauce Red Potatoes Peas and Carrots Potato Bread Fresh Fruit</p>	

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