


Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

JULY 2009

*Modification for sugar restricted diets

**High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweetened beverages not only add calories to your daily diet but recent studies have shown that women who drank at least two sweetened beverages a day had a 35% higher risk of a heart attack. Women who drank one sweetened drink a day had a 23% higher risk. Choose unsweetened beverages such as black coffee, and unsweetened iced tea. Cutting back on sweetened beverages can also help you loose weight.		1 Chef Salad Pasta Salad Cole Slaw 100% Whole Wheat Bread Fruit Salad	2 Baked Fish Brown Rice Pilaf Summer Squash Dinner Roll Pineapple	
6 Macaroni & Cheese Green Beans Stewed Tomatoes Rye Bread Pears	7 Baked Chicken Rosemary Potatoes Mixed Vegetables 100% Whole Wheat Bread Fresh fruit	8 Stuffed Pepper Casserole Broccoli Cuts Corn w/Pimiento Sourdough Bread *Smoothie	9 Egg Salad Potato Salad Carrot Raisin Salad Hamburg Roll *Pudding w/Topping	10 Roast Pork, Gravy Glazed Sweet Potatoes Braised Cabbage Multigrain Bread Applesauce
13 Beef Burgundy w/ Mushrooms Buttered Noodles Spinach Dinner Roll Nectarine	14 Chicken Cacciatori Brown Rice & Black Beans Creamed Carrots Potato Bread Pineapple	15 Minestrone Soup Salisbury Steak au gratin Potatoes Rye Bread Peaches	16 Meatloaf Mashed Potatoes Mixed Summer Squash 100% Whole Wheat Bread Pears	17 Salmon Boat Scalloped Potatoes Peas Multigrain Bread *Pudding w/Topping
20 Veal Parmesan w/Sauce Shells w/Sauce Broccoli & Cauliflower 100% Whole Wheat Bread Fresh Fruit	21 BBQ Pork Sweet Potatoes Peas Rye Bread Pineapple	22 Lasagna Mixed Greens Zucchini Squash Multigrain Bread Peaches	23 Roast Turkey, Gravy Mashed Potatoes Green Bean Almondine Wheat Dinner Roll *Pudding/Topping	24 Chicken Salad Potato Salad Antipasto Salad Hot Dog Roll *Smoothie
27 **Hot Dog Baked Beans Sauerkraut Coleslaw (Congregate) Hot Dog Roll Mixed Fruit	28 Swedish Meatballs w/Mushrooms Egg Noodles Broccoli Potato Bread Pears	29 Orange Chicken Roasted Potatoes Green Beans Multigrain Bread *Pudding w/Topping	30 Pork Roast, Gravy Red Potatoes Mixed Vegetables 100% Whole Wheat Bread Banana	31 Tuna Salad Three Bean Salad Oriental Vegetable Salad Hamburg Roll *Smoothie

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.