

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

# MARCH, 2008

\*\*Foods high in sodium (salt)

\*Modification for restricted sugar diets available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Stuffed Pepper Casserole</b> Roasted Potatoes Yellow Squash 100% Whole Wheat Bread Applesauce	<b>4</b> <b>Barbecue Pork Riblet</b> Glazed Sweet Potatoes Cauliflower au gratin Multi Grain Bread Pineapple	<b>5</b> Minestrone Soup <b>Chicken Salad</b> Broccoli Cuts Hamburger Roll Fruit Compote	<b>6</b> <b>Beef Burgundy</b> Buttered Noodles Glazed Carrots Rye Bread Orange	<b>7</b> <b>Lasagna</b> Winter Squash Spinach Italian Bread Pudding w/ Topping*
<b>10</b> <b>Liver and Onions</b> Roasted Potatoes Peas & Pearl Onions Rye Bread Mixed Fruit	<b>11</b> <b>Orange Glazed Chicken</b> Brown Rice Pilaf Mixed Greens Sourdough Bread Peaches	<b>12</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Succotash 100 % Whole Wheat Bread Banana	<b>13</b> <b>Shepherd's Pie</b> Mashed Potatoes Beets Dinner Roll Pudding w/ Topping*	<b>14</b> Clam Chowder <b>Baked Fish</b> Broccoli Multi Grain Bread Applesauce
<b>17</b> <b>Boiled Ham **</b> Boiled Irish Potatoes Braised Cabbage Rye Bread Lime Gelatin w/ Topping*	<b>18</b> <b>Salisbury Steak w/ Gravy</b> Roasted Potatoes Winter Blend Vegetables Potato Bread Pudding w/ Topping*	<b>19</b> <b>Calico Beans</b> Brown Rice Spinach Multi Grain Bread Peaches	<b>20</b> <b>Chicken Cacciatore</b> Herbed Egg Noodles Hot Bean Medley 100% Whole Wheat Bread Pineapple	<b>21</b> <b>Salmon Boat w/ Sauce</b> Roasted Rosemary Potatoes Winter Squash Multi Grain Bread Pears
<b>24</b> <b>Meatballs w/ Sauce</b> Ziti Mixed Greens Italian Bread Peaches	<b>25</b> Potato Leek Soup <b>Tuna Fish Salad</b> Mixed Vegetables Hot Dog Roll Apple Crisp*	<b>26</b> <b>Hot Dog**</b> Baked Beans Sauerkraut Hot Dog Roll Pudding w/ Topping*	<b>27</b> <b>Chicken w/ Asparagus</b> Rice w/ Lentils Stewed Tomatoes Rye Bread Applesauce	<b>28</b> <b>Roast Pork w/Gravy</b> Mashed Potatoes Peas & Carrots 100% Whole Wheat Bread Cookie*
<b>31</b> <b>Stuffed Cabbage Casserole</b> Boiled Potato French Cut Green Beans Mutli Grain Bread Pears	<b>During February and March, kiwi fruit is widely available. This fruit, often imported from New Zealand or Australia, but also grown in California, has a fuzzy skin and tiny black seeds that are eaten. It is high in Vitamin C (ascorbic acid), fiber and potassium. If the fruit is not soft when purchased, leave at room temperature until it has softened. It can be peeled and sliced or can be wedged and the skin peeled away as you eat it. It can be combined with other fruit for a fruit cup.</b>			

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.