

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

\*\*Modifications for restricted sugar available

# May 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Cabbage Casserole</b> Peas & Carrots Tossed Salad(mow:Beets) Wheat Bread Pineapple	2 <b>Baked Chicken</b> Brussel Sprouts Red Potatoes Rye Bread Fresh Fruit	3 <b>Lasagna w/ meat sauce</b> Italian Beans Tossed Salad (mow:soup) Italian Bread Pears	4 <b>Roast Turkey</b> Winter Blend Vegetables Garlic Mashed Potatoes Dinner Roll **Pudding	5 <b>Ham Salad</b> Cole Slaw Macaroni Salad Hot Dog Roll Fruit Salad
8 <b>Pepper Steak</b> Mixed Vegetables Roasted Potatoes Potato Bread **Cookie	9 <b>Beef Burgundy</b> Green Beans Almondine Buttered Noodles Biscuit Peaches	10 <b>Mother's Day</b> <b>Roast Pork</b> Buttered Corn Roasted Potatoes Rye Bread **Cake	11 <b>Baked Fish</b> Carrots & Cauliflower Boiled Potatoes Twelve Grain Bread Mixed Fruit	12 <b>Calico Beans&amp;Sausage</b> Broccoli Cuts Wild Rice Wheat Bread **Pudding
15 <b>Hot Dog</b> Cole Slaw Baked Beans Hot Dog Roll Apple Crisp	16 <b>Chicken Salad</b> Tossed Salad Potato Salad Hamburger Roll Pineapple	17 <b>Meatloaf</b> Mixed Vegetables Mashed Potatoes Flax Seed Bread Applesauce	18 <b>Liver &amp; Onions</b> Hot Three Bean Salad Mashed Potatoes Dinner Roll **Pudding	19 <b>Chicken Parmesan</b> Ziti with Tomato Sauce Tossed Salad (mow: Beans) Italian Bread **Jello
22 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Broccoli Cuts 100% Whole Wheat Bread Pears	23 <b>Swedish Meatballs</b> Creamed Carrots Wild Rice Rye Bread **Cake	24 <b>Turkey Dinner</b> Green Bean Casserole with mushrooms Roasted Potatoes Wheat Bread **Pudding	25 <b>Chef Salad</b> Carrot Raisin Salad Pasta Salad Twelve Grain Bread Fresh Fruit	26 <b>BBQ Pork</b> Peas & Pimentos Hot German Potato Salad Potato Bread Watermelon
29 <b>Memorial Day</b> no meals served	30 <b>Baked Ham</b> Butternut Squash Potato Leek Soup Flax Seed Bread Applesauce	31 <b>Chicken Cacciatore</b> Braised Cabbage Rice Pilaf Multi-grain Bread 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

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