

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice
 *Modifications for restricted sugar available

May 2007

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| | 1 Salisbury Steak Brown Rice Medley Broccoli Bread Pudding* | 2 Beef Burgundy w/ Mushrooms Boiled Potato Green Beans Bread Peaches | 3 Chicken Salad Tortellini Salad Tossed Green Salad Hot Dog Roll Pineapple | 4 Lasagna Spinach Yellow Summer Squash Garlic Bread Applesause |
| 7 Baked Ham Au gratin Potato Braised Cabbage Biscuit Peaches | 8 Stuffed Pepper Casserole Wax Beans Stewed Tomatoes Bread Applesause | 9 Chef Salad Macaroni Salad Carrot-Raisin Salad Bread Pineapple | 10 Roast Turkey w/ Gravy Dressing Broccoli Bread Pears | 11 Swedish Meatballs Mashed Potatoes Winter Squash Bread Pudding* |
| 14 Pepper Steak . Sweet Potato Peas Bread Pineapple | 15 Roast Pork, Gravy Mashed Potato Mixed Vegetables Bread Pudding* | 16 Chicken Cacciatore W/ Mushrooms Noodles Corn Bread Pears | 17 Macaroni & Cheese Broccoli Stewed Tomatoes Bread Applesause | 18 Meat Loaf Scalloped Potatoes Peas Bread Peaches |
| 21 Veal Parmesan Vegetable Soup Broccoli Bread Pineapple | 22 Ham Salad Potato Salad Tossed Green Salad Hamburger Roll Cake* | 23 Roasted Turkey, Gravy Mashed Potatoes Corn Cranberry Sauce Bread Pudding * | 24 Hot Dog Baked Beans Cole slaw Hot Dog Roll Apple Crisp* | 25 Barbecue Chicken Garlic Mashed Potatoes Creamed Carrots Bread Watermelon |
| 28 MEMORIAL DAY | 29 Fish Wedges Roasted Potatoes Corn Bread Pears | 30 Goulash Spinach Summer Squash Bread Peaches | 31 Bread Pork Patty Scalloped Potatoes Beets Bread Pudding | |

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.