

Elder Services of Berkshire County - Nutrition Program

MAY 2008

Menu subject to change without notice

*Modifications for restricted sugar available, **Foods high in Sodium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Did you know that fats in avocados are actually good for you? Avocados are high in fat, but the fat is monounsaturated, like that found in olive oil, and is heart-healthy. Monounsaturated fats, found in avocados, nuts and olive oil is good for you. Some of the phytonutrients found in avocados may also help reduce cholesterol levels.</p>			<p>1 Roast Turkey w/Gravy Mashed Potatoes Green Beans Almondine Oat Bread Fresh Fruit</p>	<p>2 Meatballs w/Tomato Sauce Ziti Spinach Steak Roll Peaches</p>
<p>5 Split Pea Soup Baked Ham w/Sauce** Braised Red Cabbage Rye Bread Mixed Fruit</p>	<p>6 Beef Burgundy w/ Mushrooms Noodles Mixed Vegetables Multi Grain Bread Orange</p>	<p>7 Orange Chicken Rice Pilaf Broccoli Cuts Sourdough Bread Pudding w/ Topping*</p>	<p>8 Lasagna w/ Meat Sauce Mixed Greens Cauliflower au Gratin Italian Bread Applesauce</p>	<p>9 Mother's Day Menu Salmon Boat w/ Newburg Sauce Roasted Red Potatoes Green Beans 100% Whole Wheat Bread Cake</p>
<p>12 Barbecue Pork Sweet Potatoes Peas Potato Bread Pineapple</p>	<p>13 Chicken Cacciatore w/ Mushrooms Rice Pilaf Brussels Sprouts w/ Cheese Sauce Multi Grain Bread Mixed Fruit</p>	<p>14 Macaroni & Cheese Stewed Tomatoes Summer Squash Biscuit Peaches w/Topping</p>	<p>15 Meatloaf Garlic Mashed Potatoes Sliced Beets 100% Whole Wheat Bread Pudding w/Topping*</p>	<p>16 Clam Chowder Baked Fish Broccoli Rye Bread Banana</p>
<p>19 Pepper Steak w/gravy Roasted Potatoes Butternut Squash Multi Grain Bread Applesauce</p>	<p>20 Beef Barley Soup Tuna Salad Spinach Hamburger Roll Pudding w/ Topping*</p>	<p>21 Roast Turkey, Gravy Stuffing Green Beans 100% Whole Wheat Bread Pineapple</p>	<p>22 Barbecue Chicken Mashed Potatoes Carrots Rye Bread Peaches</p>	<p>23 Memorial Day Menu Hot Dog** Sauerkraut Baked Beans Hot Dog Roll Watermelon</p>
<p>26 MEMORIAL DAY</p>	<p>27 Roast Pork, Gravy Roasted Potatoes Succotash Multi Grain Bread Pears</p>	<p>28 Chicken w/Asparagus Wild Rice Blend Peas & Onions Oat Bread Pineapple</p>	<p>29 Egg Salad Pasta Salad Tossed Green Salad Hamburger Roll Orange</p>	<p>30 Veal Parmesan Shells w/Sauce Broccoli Cuts 100% Whole Wheat Bread Pudding w/Topping*</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

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