

May 2010

*Modification for sugar restricted diets
 **High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pepper Steak Red Potatoes Creamed Carrots Rye Bread Peaches	4 Chicken & Asparagus Brown Rice & Bulgar Wax Beans 100% Whole Wheat Bread Pineapple	5 Chicken Salad Potato Salad Cole Slaw Hot Dog Roll *Pudding w/Topping	6 Mother's Day Menu Roast Turkey w/Gravy Mashed Potatoes Green Beans Almondine Wheat Dinner Roll *Cookie	7 Lasagna w/Meat Sauce Mixed Vegetables Spinach Italian Bread Pears
10 Baked Chicken Scalloped Potatoes Peas & Carrots Multigrain Bread Applesauce	11 Beef Stew Buttered Noodles Italian Blend Vegetables Oatmeal Bread Fresh Fruit	12 Stuffed Pepper Casserole Sliced Beets Broccoli Cuts Rye Bread Mixed Fruit	13 Meatloaf Garlic Mashed Potatoes Butternut Squash Sourdough Bread *Fruited Gelatin w/Topping	14 Baked Fish Roast Potatoes Mixed Greens 100% Whole Wheat Bread Peaches
17 Goulash Brussels Sprouts w/Cheese Sauce Italian Green Beans Potato Bread Pears	18 Chef's Salad Macaroni Salad Three Bean Salad Multi Grain Bread Pineapple	19 Roast Pork, Gravy Herbed Red Potatoes Peas w/Pimento Wheat Dinner Roll Applesauce	20 Macaroni & Cheese Stewed Tomatoes Glazed Carrots 100% Whole Wheat Bread Mixed Fruit	21 **Baked Ham Sweet Potatoes Broccoli Oat Bread *Pudding w/Topping
24 Salmon Boat Boiled Potatoes Butternut Squash Multi Grain Bread Applesauce	25 Egg Salad Carrot Raisin Salad Cole Slaw Wheat Hamburger Roll Pears	26 Veal Parmesan Shells w/Sauce Buttered Spinach Italian Bread *Pudding w/Topping	27 Memorial Day Menu **Hot Dog Baked Beans Sauerkraut Wheat Hot Dog Roll Watermelon	28 Barbecue Chicken Cauliflower au gratin Buttered Corn Multigrain Bread Peaches
31 Memorial Day	<p>Another reason to eat whole grains was recently cited in the "Tufts Health and Nutrition Letter." The men who consumed more whole grains were 19% less likely to develop high blood pressure than those eating the least. Whole grains also helped women to control their blood pressure. Whole grains are part of many of the breads served at Elder Services of Berkshire County meal sites and home delivered meals. These breads include oatmeal, multigrain, 100% whole wheat, rye and wheat rolls. Choose additional whole grains for breakfast and dinner for better health.</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.