

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

November 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Oriental with mushrooms Mixed Oriental Vegetables Rice Fortune Cookie Peaches & Biscuit	2 Pot Roast Winter Blend Roast Potatoes Rye Bread Mixed Fruit	3 Swedish Meatballs Spinach Buttered Noodles Wheat Bread Jello	4 Baked Fish Broccoli Cuts Boiled Potatoes Flax Seed Bread **Pudding
7 Chicken Patty Carrots Rice Hamburger Roll **Smoothie	8 Roast Pork Butternut Squash Mashed Potatoes Dinner Roll Applesauce	9 Baked Chicken Mixed Greens Potato Leek Soup Potato Bread **Cake	10 Lasagna Italian Beans Tossed Salad (sites) Braised Cabbage (mow) Italian Bread **Pudding	11 Veterans' Day no meals served
14 Macaroni and Cheese Mixed Vegetables Stewed Tomatoes Wheat Bread Pears	15 Baked Chicken Vegetable Soup Wild Rice Twelve Grain Bread Pineapple	16 Beef Stew Green Beans Boiled Potatoes Rye Bread **Pudding	17 Turkey Dinner Butternut Squash Mashed Potatoes Dinner Roll **Pumpkin Pie	18 Salisbury Steak Boiled Potatoes Peas and Pimento Flax Seed Bread Fresh Fruit
21 Baked Ham Braised Cabbage Sweet Potatoes Rye Bread Mixed Fruit	22 Meatloaf Corn Mashed Potatoes Wheat Bread **Cake	23 Hot Dog Cole Slaw Baked Beans Hot Dog Roll Apple Crisp	24 Happy Thanksgiving	25 Tuna Noodle Casserole Beets Broccoli Cuts Rye Bread **Cookies
28 Chicken a la King Carrots Rice Biscuit Peaches	29 BBQ Beef Wax Beans Irish Potatoes Rye Bread Fresh Fruit	30 Roast Pork Mixed Vegetables Augratin Potatoes Potato 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

Nov-05

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