

Elder Services of Berkshire County - Nutrition Program



Menu subject to change without notice

October 2009

*Modification for sugar restricted diets

**High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Don't trust the word "natural" on your food products. It is an unregulated marketing word that means nothing. Better to choose "organic" which is regulated by the government. "Organic" foods must meet government standards to be certified as organic. Another word that is usually not to be trusted is "healthy". Although healthy products may be lower in fat and sometimes calories, they are often high in sodium, a mineral that most people eat more than they need, leading to high blood pressure and other problems.</p>			<p>1</p> <p>Barbecue Pork Rosemary Roast Potatoes Mixed Vegetables Dinner Roll *Pudding w/Topping</p>	<p>2</p> <p>Baked Fish Wild Rice Blend Mixed Greens 100% Whole Wheat Bread Fresh Fruit</p>
<p>5</p> <p>Stuffed Pepper Casserole Buttered Corn Broccoli Oatmeal Bread Pears</p>	<p>6</p> <p>Oriental Chicken Brown Rice w/Bulgur Oriental Mixed Vegetables Multigrain Bread Pineapple</p>	<p>7</p> <p>Chef's Salad Potato Salad Carrot Raisin Salad Rye Bread Applesauce</p>	<p>8</p> <p>Roast Turkey, Gravy Mashed Potatoes Butternut Squash 100% Whole Wheat Bread *Pudding w/ Topping</p>	<p>9</p> <p>Shepherd's Pie Mashed Potatoes Green Beans Sourdough Bread Peaches</p>
<p>12</p> <p>COLUMBUS DAY</p>	<p>13</p> <p>Beef Stew Boiled Potatoes Green Beans Rye Bread Apple</p>	<p>14</p> <p>Salmon Boat Rice Pilaf Broccoli 100% Whole Wheat Bread *Pudding w/ Topping</p>	<p>15</p> <p>**Baked Ham Sweet Potatoes Spinach Multigrain Bread Mixed Fruit</p>	<p>16</p> <p>Meatloaf Garlic Mashed Potatoes Zucchini Biscuit Peaches</p>
<p>19</p> <p>Vegetable Soup Lasagna Roll Broccoli Italian Bread *Smoothie</p>	<p>20</p> <p>Orange Chicken Mashed Potatoes Harvard Beets Wheat Dinner Roll Pears</p>	<p>21</p> <p>**Hot Dog Baked Beans Sauerkraut Hot Dog Roll *Gelatin w/ Mixed Fruit</p>	<p>22</p> <p>Stuffed Cabbage Casserole Spinach Summer Squash Oatmeal Bread *Pudding w/ Topping</p>	<p>23</p> <p>Roast Pork, Gravy Roasted Potatoes Peas & Carrots Rye Bread Applesauce</p>
<p>26</p> <p>Macaroni & Cheese Stewed Tomatoes Mixed Vegetable 100% Whole Wheat Bread Peaches</p>	<p>27</p> <p>Veal Parmesan Ziti w/ Sauce Winter Blend Vegetables Italian Bread Pineapple</p>	<p>28</p> <p>Baked Chicken New Red Potatoes Creamed Carrots Rye Bread *Pudding w/ Topping</p>	<p>29</p> <p>Tuna Salad Pasta Salad Cole Slaw Hamburger Roll Fresh Fruit</p>	<p>30</p> <p>Happy Halloween Spooky Sweet & Sour Meatballs Witches Buttered Noodles Graveyard Broccoli Scary Multigrain Bread Trick or Treat Cupcake</p>