

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

\*\*Modifications for restricted sugar available

# February 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Baked Chicken</b> Mixed Vegetables Rice Pilaf Wheat Bread Pineapple	2 <b>Turkey Dinner</b> Peas and Carrots Mashed Potatoes Dinner Roll **Pudding	3 <b>Baked Fish</b> Boiled Potatoes Creamed Carrots Potato Bread **Jello
6 <b>Pepper Steak</b> Vegetable Medley Roasted Potatoes Twelve Grain Bread **Jello	7 <u><b>Soup and Sandwich</b></u> <b>Tuna Salad</b> Broccoli Cuts Potato Leek Soup Hamburger Roll Apple Crisp	8 <b>Calico Beans &amp; Sausage</b> Egg Noodles Green Beans Rye Bread **Cake	9 <b>Chicken Cacciatore with mushrooms</b> Mixed Greens Rice 100% Wheat Bread Fresh Fruit	10 <b>Lasagna w/Meat Sauce</b> Italian Mixed Vegetables Tossed Salad (mow: Beets) Italian Bread **Pudding
13 <b>Beef Burgundy with mushrooms</b> Carrots Vegetable Soup Biscuit Peaches	14 <u><b>Valentines Day</b></u> <b>Roast Turkey</b> Green Beans Almondine Stuffing Flax Seed Bread Holiday Cupcakes	15 <b>Hot Dog</b> Sauerkraut Cheesy Noodles Hot Dog Roll Pears	16 <b>Baked Ham</b> Wax Beans Sweet Potatoes Twelve Grain Bread Applesauce	17 <b>Chicken Chow Mein</b> Oriental Vegetables Egg Fried Rice Oat Bread Fortune Cookies Pineapple
20 <b>President's Day</b>  no meals served	21 <b>Meatballs and Ziti</b> with Tomato Sauce Tossed Salad* Italian Bread Mixed Fruit *MOW: Italian Beans	22 <u><b>Soup &amp; Sandwich</b></u> <b>Ham Salad</b> Lentil Soup Winter Blend Vegetables Hamburger Roll Hot Spiced Applesauce	23 <b>Baked Chicken</b> Creamed Carrots Garlic Mashed Potatoes 100% Wheat Bread **Pudding	24 <b>Liver &amp; Onions</b> Peas and Pimentos Scallop Potatoes Dinner Roll **Smoothie
27 <b>Macaroni and Cheese</b> Tomato Medley Spinach Rye Bread **Pudding	28 <b>Meatloaf</b> Minestrone Soup Green Beans Wheat Bread **Pie			

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

Feb-06

Revised 1/1/06

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