

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