

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

\*\*Modifications for restricted sugar available

# JANUARY, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5
<b>NEW YEAR'S DAY</b>	<b>Veal Patty</b> Ziti w/ Sauce Spinach Bread Pears	<b>Beef Stew</b> Boiled Potato Green Beans Biscuit Peaches	Bean Soup <b>Hot Dog</b> Sauerkraut Hot Dog Roll *Pudding	<b>Roast Turkey</b> Mashed Potato Winter Squash Bread Applesauce
8	9	10	11	12
<b>Shepherd's Pie</b> Mashed Potatoes Peas Bread Pineapple	<b>Roast Pork</b> Au gratin Potatoes Winter Blend Vegetables Bread Applesauce	<b>Baked Fish Wedge</b> Corn Broccoli Hamburger Roll Pears	<b>Baked Chicken</b> Rice Stewed Tomatoes Bread *Pudding	<b>Meat Loaf, Gravy</b> Mashed Potato Green Beans Bread Peaches
15	16	17	18	19
<b>MARTIN LUTHER KING HOLIDAY</b>	<b>Meatball Sub</b> Shells w/ Sauce Italian Green Beans Italian Bread Pineapple	<b>Orange Glazed Chicken</b> Oven Brown Potatoes Glazed Carrots Bread *Pudding	Lentil Soup <b>Egg Salad</b> Mixed Greens Hamburger Roll *Apple Crisp	<b>Baked Salmon</b> Wild Rice Blend Spinach Bread Peaches
22	23	24	25	26
<b>Liver w/ Onions</b> Roasted Red Potatoes Harvard Beets Bread Applesauce	<b>Beef and Peppers</b> Corn Broccoli Bread *Cake	<b>Calico Beans</b> Sausage Mashed Potatoes Winter Squash Bread Peaches	<b>Oriental Chicken</b> Rice Peas Bread Pineapple	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Bread *Pudding
29	30	31		
Tomato Rice Soup <b>Barbecue Beef</b> Peas Bread Peaches	<b>Roast Turkey</b> Stuffing Broccoli Bread Pears	<b>Hot Dog</b> Baked Beans Cole Slaw Hot Dog Roll Fruit Crisp		

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

2% milk or skim milk served with each meal

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

**SUGGESTED VOLUNTARY DONATION**

**\$2.00 PER MEAL to help defray costs**