

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

\*\*Modifications for restricted sugar available

# NOVEMBER, 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Meatballs with Ziti</b> Mixed Greens Bread Peaches	2 <b>Honey Glazed Ham</b> Sweet Potatoes Brussel Sprouts Bread *Puuding	3 <b>Chicken a la King</b> Noodles Green Beans Bread Pineapple
6 <b>Hot Dog</b> Baked Beans Hot Dog Roll Cole Slaw Fruit Compote	7 <b>Baked Chicken</b> Red Roasted Potatoes Peas w/ Pimento Bread Pineapple	8 <b>Roast Pork</b> Mashed Potatoes Carrots Bread *Cake	9 Split Pea Soup <b>Ham Salad</b> Broccoli & Cauliflower Bread *Apple Crisp	10 <b>Meat Loaf</b> Au Gratin Potatoes Butternut Squash Bread *Puuding
13 <b>Pepper Steak</b> Red Roasted Potatoes Mixed Winter Blend Bread Pears	14 <b>Oriental Chicken</b> Rice Oriental Vegetables Bread Pineapple Fortune Cookie	15 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Bread Peaches	16 <b>Thanksgiving Dinner</b> <b>Roast Turkey</b> Mashed Potatoes Butternut Squash Cranberry Sauce Dinner Roll *Pumpkin Pie	17 Clam Chowder <b>Baked Fish</b> Broccoli Bread *Jello w/ Fruit
20 <b>Liver &amp; Onions</b> Mashed Potato Harvard Beets Bread Applesauce	21 <b>Lasagna</b> Italian Green Beans Yellow Squash Bread Pineapple	22 <b>Pork Patty</b> Mashed Potatoes Carrots Bread *Cookie	<b>HAPPY THANKSGIVING</b>	24 <b>Salmon Boat</b> Boiled Potato Peas w/ mushrooms Bread *Puuding
27 <b>Goulash</b> Broccoli Corn Biscuit Peaches	28 <b>Beef Stew</b> Boiled Potato Braised Cabbage Bread Fresh Fruit	29 <b>Chicken a la Orange</b> Rice Mixed Vegetables Bread Pineapple	30 Potato Leek Soup <b>Barbeque Beef</b> Winter Squash Bread *Puuding	

8 ounces 2% milk or skim milk served with each meal

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

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