

Elder Services of Berkshire County - Nutrition Program

MARCH 2021

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Chicken 329 Boiled Potatoes 4 Peas & Pearl Onions 34 Oat Nut Bread 150 Pineapple Tidbits 1 <i>Cal 626 Carb 92 Sod 643</i>	2 Beef Chili 234 Steamed Brown Rice 5 Mixed Greens 149 Mini Cornbread Loaf 211 Sliced Pears 5 <i>Cal 785 Carb 105 Sod 729</i>	3 Sliced Turkey & Gravy 472 Mashed Potatoes 33 Butternut Squash 34 Dinner Roll 210 Banana 1 <i>Cal 672 Carb 89 Sod 875</i>	4 Chuck wagon Stew 394 Buttered Noodles 11 Broccoli Florets 22 100% Whole Wheat Bread 120 Applesauce 0 <i>Cal 700 Carb 83 Sod 672</i>	5 Cheese Lasagna w/Marinara 501 Sliced Carrots 43 Italian Beans 3 Oat Nut Bread 150 Fruit Cocktail 5 <i>Cal 674 Carb 98 Sod 827</i>
8 Salisbury Steak 362 Rice w/Orzo 6 Lyonnaise Carrots 74 12 Grain Bread 200 Fresh Orange 0 <i>Cal 634 Carb 90 Sod 767</i>	9 Roast Pork with Gravy 119 Sweet Potatoes 36 Cauliflower 11 Dinner Roll 210 Lemon Bavarian 77 <i>Cal 606 Carb 72 Sod 578</i>	10 Veal w/ Pepper & Onion* 515 Au gratin Potatoes 96 Beets 185 100% Whole Wheat Bread 120 Pineapple Tidbits 1 <i>Cal 734 Carb 90 Sod 1042</i>	11 Broccoli & Cheese Chicken 417 Mashed Potatoes 33 Green Beans 2 Oat Nut Bread 150 Pears 10 <i>Calico 724 Carb 92 Sod 737</i>	12 Lentil Stew 104 Mixed Greens 149 Peas w/Mushrooms 65 12 Grain Bread 200 Sliced Peaches 6 <i>Cal 588 Carb 90 Sod 649</i>
15 Ravioli w/Meat Sauce 342 Broccoli Florets 22 Italian Blend Vegetables 40 Oat Nut Bread 150 Fruit Cocktail 5 <i>Cal 626 Carb 88 Sod 684</i>	16 BBQ Chicken Breast * 561 Buttered Noodles 8 Sliced Carrots 43 12 Grain Bread 200 Fresh Orange 0 <i>Caloric 630 Carb 86 Sod 937</i>	17 ST. PATTY'S DAY Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 13 100% Whole Wheat Bread 120 Green Gelatin w/Pears ** 89 <i>Cal 581 Carb 73 Sod 914</i>	18 Calico Beans and Sausage 469 Steamed Brown Rice 5 Cauliflower w/Pimento 17 Pumpernickel Bread 154 Apricots 5 <i>Cal 724 Carb 85 Sod 775</i>	19 Baked Pollock Loin 250 Sliced Gold Potatoes 4 Mashed Butternut Squash 2 Dinner Roll 210 Applesauce 0 <i>Cal 591 Carb 82 Sod 591</i>
22 Moroccan Beef Stew 170 Red Potatoes 4 Mixed Greens 149 100% Whole Wheat Bread 120 Sliced Pears 5 <i>Cal 692 Carb 81 Sod 573</i>	23 Chicken Marsala 378 Mashed Potatoes 33 Mixed Vegetables 133 Oat Nut Bread 150 Sliced Peaches 6 <i>Cal 700 Carb 107 Sod 825</i>	24 Macaroni & Cheese* 627 Stewed Tomatoes 101 Green Beans 3 100% Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 554 Carb 63 Sod 983</i>	25 Meatloaf w/Gravy 371 Scalloped Potatoes 20 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2 <i>Cal 573 Carb 92 Sod 732</i>	26 Tuna Salad 399 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 7 <i>Cal 850 Carb 124 Sod 1103</i>
29 Chicken Piccatta 362 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Diced Mangoes 0 <i>Cal 603 Carb 86 Sod 763</i>	30 Goulash 94 Spinach 76 Broccoli Florets 22 Italian Bread 230 Fruit Cocktail 5 <i>Cal 643 Carb 82 Sod 552</i>	31 Beef Stew 72 Sweet Potatoes & Apples 116 Scandinavian Vegetables 59 100% Whole Wheat Bread 120 Sliced Peaches 6 <i>Cal 769 Carb Sod 498</i>	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium

Calories and sodium from salad dressings, margarine, crackers and condiments

are not included. *High Sodium **Modifications for restricted sugar available

Nutrition information provided is not exact but will help guide you.

