<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Macaroni and Cheese 627</td>
<td>Chicken Marsala 378</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Chunky Tomato Soup 262</td>
<td>Boiled Red Potatoes 4</td>
<td>3</td>
<td></td>
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<tr>
<td>3</td>
<td>Peas 58</td>
<td>Mixed Greens 149</td>
<td>4</td>
<td></td>
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<tr>
<td>4</td>
<td>Oat Nut Bread 150</td>
<td>100% Whole Wheat Bread 120</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Mixed Fruit 10</td>
<td>Apricots 5</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Dinner Roll 210</td>
<td>100% Whole Wheat Bread 120</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Italian Bread 230</td>
<td>12 Grain Bread 200</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Sliced Peaches 6</td>
<td>Fresh Orange 0</td>
<td>9</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Mangoes 5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories: 667 Sodium: 1232</td>
<td>Calories: 610 Sodium: 781</td>
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</tr>
</tbody>
</table>

**Elder Services of Berkshire County - Nutrition Program**

**OCTOBER 2020**

**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.

**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.

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**12 COLUMBUS DAY**

**CLOSED**

**Calories: 731 Sodium: 456**

**13**

Baked Pollock Loin 97
Buttered Boiled Gold Potatoes 4
Mixed Greens 149
Pineapple Chunks 1
Tartar Sauce 261

**Calories: 674 Sodium: 827**

**14**

Greek Style Chicken Stew 391
Rice w/ Black beans 29
Broccoli Florets 22
Apricots 5

**Calories: 555 Sodium: 810**

**15**

Beef Patty* 460
Pepper & Onion Sauce 49
Mashed Sweet Potatoes 36
Applesauce 2

**Calories: 626 Sodium: 711**

**16**

Chuckwagon Stew 394
Sliced Potatoes 4
Mixed Vegetables 43
Fresh Apple 2

**Calories: 821 Sodium: 665**

**19**

Vegetable Lasagna w/ Meat Sc* 510
Chicken Breast W/Glavy 327
Mashed Potatoes 39
Peas with Mushrooms 65
Oat Nut Bread 150
Mixed Peaches 6
Cranberry Sauce 8

**Calories: 709 Sodium: 798**

**21**

Meatball Grinder 311
Tater Tots 29
California Blend Vegetables 17
6" Sub Roll 280
Fresh Pear 2

**Calories: 604 Sodium: 722**

**22**

Roast Pork w/Glavy 183
Mashed Sweet Potatoes 36
Sliced Beets 17
Dinner Roll 210

**Calories: 810 Sodium: 907**

**23**

Beef and Cabbage Casserole 88
Spinach 76
Mixed Vegetables 43
Fresh Apple 0

**Calories: 718 Sodium: 688**

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**26**

Chicken Puttanescsa 479
Salisbury Steak 440
Steamed Rice 5
Lyonnaise Carrots 74
Oat Nut Bread 150
Fresh Orange 0

**Calories: 579 Sodium: 827**

**28**

Sliced Turkey & Gravy * 675
Marinara Sauce* 185
Green Beans French Cut 3
100% Whole Wheat Bread 120
Mangoes 0

**Calories: 616 Sodium: 962**

**29 Halloween**

GHOLUSH 94
Vegetable Pinwheels w/ 470
Sliced Beets 185
Green Bean Florets 22
Dinner Roll 120

**Calories: 682 Sodium: 635**

**30**

Sanoma Blend Vegetables 20
Peanut Crisp 11
Fruited Orange Gelatin** 89

**Calories: 573 Sodium: 727**

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**Elder Services of Berkshire County, Inc.**