### Elder Services of Berkshire County - Nutrition Program

#### JUNE 2019

**HOME DELIVERED MEALS:**
If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

**Menu subject to change.**

**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.  
*Higher Sodium Entree**  **Modifications for restricted sugar available**  
Nutrition information provided is not exact but will help guide you.

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<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Veal w/Peppers &amp; Onions 479</td>
<td>Swedish Meatballs 301</td>
<td>Greek Style Chicken Stew 391</td>
<td>Colby Jack Cheese Omelet 420</td>
<td>Beef Stew 72</td>
</tr>
<tr>
<td>Mashed Potatoes 97</td>
<td>Steamed Brown Rice 5</td>
<td>Buttered Noodles 5</td>
<td>Potato Wedges 33</td>
<td>Parsley Buttered Potatoes 28</td>
</tr>
<tr>
<td>Sliced Carrots 43</td>
<td>Broccoli Florets 22</td>
<td>Green Beans 2</td>
<td>Mixed Greens 149</td>
<td>Sliced Beets 26</td>
</tr>
<tr>
<td>12 Grain Bread 200</td>
<td>Oat Nut Bread 150</td>
<td>Fruit Cocktail 10</td>
<td>Rye Bread 227</td>
<td><strong>100% Whole Wheat Bread 150</strong></td>
</tr>
<tr>
<td>Applesauce 14</td>
<td>Fresh Orange 0</td>
<td></td>
<td>Peach Crisp 6</td>
<td><strong>Strawberry Cup</strong> <strong>0</strong></td>
</tr>
</tbody>
</table>

Calories: 843 Sodium: 957  
Calories: 671 Sodium: 663  
Calories: 535 Sodium: 683  
Calories: 688 Sodium: 960  
Calories: 715 Sodium: 371

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**10 Father's Day**

### 10

**Oriental Beef Casserole 238**  
**Steamed Brown Rice 5**  
**Oriental Mixed Veggies 9**  
**Oat Nut Bread 150**  
**Pineapple Tidbits 1**  
**Fortune Cookie 5**

Calories: 771 Sodium: 533

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**11**

**Curry Chicken 77**  
**Mashed Potatoes 97**  
**Zucchini & Yellow Squash 5**  
**12 Grain Bread 200**  
**Apricots 10**  
**Mixed Fruit 5**

Calories: 677 Sodium: 514

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**12**

**Macaroni & Cheese * 627**  
**Stewed Tomatoes 101**  
**Peas and Carrots 69**  
**100% Whole Wheat Bread 120**  
**Diced Pears 5**

Calories: 578 Sodium: 1047

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**13**

**Chicken Cordon Bleu w/Gravy * 727**  
**Parsley Buttered Potatoes 28**  
**Green Beans w/Almonds 3**  
**Dinner Roll 210**  
**Lemon Bavarian ** 183**  
**Banana 1**

Calories: 786 Sodium: 1295

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**14**

**Shepherd's Pie 75**  
**Broccoli Florets 22**  
**Buttered Noodles 2**  
**Stewed Tomatoes 200**  
**Apple Cherry Crisp 20**  
**Warm Fruit Compote 7**

Calories: 787 Sodium: 451

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**17**

**Chicken Almondine 108**  
**Buttered Boiled Potatoes 4**  
**Mixed Greens 149**  
**100% Whole Wheat Bread 120**  
**Fresh Pear 2**

Calories: 662 Sodium: 508

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**18**

**Salisbury Steak 208**  
**w/Mushroom Gravy 20**  
**O'Brien Potatoes 7**  
**Butternut Squash 2**  
**Mandarin Oranges 6**

Calories: 619 Sodium: 503

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**19**

**Roast Pork w/Gravy 146**  
**Vegetarian Baked Beans 140**  
**Coleslaw 226**  
**Hot Dog Roll 180**  
**Apple Cherry Crisp 20**

Calories: 662 Sodium: 486

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**20**

**Hot Dog * 550**  
**Vegetarian Baked Beans 140**  
**Butternut Squash 226**  
**12 Grain Bread 200**  
**Applesauce 14**

Calories: 981 Sodium: 1241

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**21**

**Vegetable Lasagna Roll Up * 507**  
**w/White Sauce 9**  
**Cauliflower 9**  
**12 Grain Bread 200**  
**Italian Bread 230**

Calories: 677 Sodium: 848

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**24**

**Baked Pollock Loin 97**  
**Scalloped Potatoes 20**  
**Peas and Mushrooms 180**  
**Dinner Roll 210**  
**Apricots 10**

Calories: 568 Sodium: 642

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**25**

**Shredded Turkey & Gravy 450**  
**Mashed Potatoes 97**  
**Butternut Squash 2**  
**100% Whole Wheat Bread 120**  
**Fresh Orange 0**

Calories: 590 Sodium: 794

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**26**

**Meatball Grinder w/Marinara 312**  
**Roasted Potatoes 6**  
**Broccoli Florets 22**  
**Sausage Roll 280**  
**Mixed Fruit 10**

Calories: 687 Sodium: 755

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**27**

**Sweet N Sour Pork 522**  
**Brown Rice 5**  
**Sliced Carrots 43**  
**12 Grain Bread 200**  
**Diced Pears 5**

Calories: 664 Sodium: 900

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**28**

**Chicken Cacciatore 283**  
**Buttered Noodles 5**  
**Mixed Greens 149**  
**Italian Bread 230**  
**Applesauce 14**

Calories: 641 Sodium: 806

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**Sponsored in part by:**

[GREYLOCK FEDERAL CREDIT UNION]

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