



Elder Services of Berkshire County - Nutrition Program

APRIL 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
<p>HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>		<p>Sponsored in part by:</p> 	<p>1 SPRING DINNER</p> <p>LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 180 Key Lime Bavarian ** 60</p> <p>Cal 563 Carb 86 Sod 850</p>	<p>2</p> <p>Baked Breaded Pollock 220 O'Brien Potatoes 7 Broccoli Florets 22 Oat Nut Bread 150 Sliced Peaches 6</p> <p>Cal 677 Carb 92 Sod 530</p>
<p>5</p> <p>Pork Chili* 518 Steamed White Rice w/lentils 7 Asparagus Cuts and Tips 4 Corn Bread 210 Diced Pears 5</p> <p>Cal 704 Carb 95 Sod 869</p>	<p>6</p> <p>Sliced Turkey & Gravy 450 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11</p> <p>Cal 604 Carb 84 Sod 876</p>	<p>7</p> <p>Beef Cabbage Casserole 87 Green Beans 2 Cauliflower w/Pimento 17 Oat Nut Bread 150 Mixed Fruit 10</p> <p>Cal 580 Carb 72 Sod 391</p>	<p>8</p> <p>Stuffed Shells 390 Spinach 76 3 bean salad 118 Italian Bread 230 Peach Crisp 6</p> <p>Cal 599 Carb 99 Sod 945</p>	<p>9</p> <p>Curry Chicken 77 Parmesan Risotto 79 Brussel Sprouts 14 12 Grain Bread 200 Strawberry cup 0</p> <p>Cal 711 Carb 90 Sod 495</p>
<p>12</p> <p>Beef Stroganoff 84 Buttered Noodles 8 Winter Blend Vegetables 10 Dinner Roll 210 Fruit Cocktail 5</p> <p>Cal 719 Carb 80 Sod 442</p>	<p>13</p> <p>Chicken Almondine 326 Sliced Potatoes 4 Peas & Carrots 69 Oat Nut Bread 150 Blueberry Yogurt ** 75</p> <p>Cal 631 Carb 86 Sod 749</p>	<p>14 GLOBAL TABLE</p> <p>Tuna on Bed of Lettuce 399 3 Bean Salad 150 Cold Spiced Beets 179 12 Grain Bread 200 Fresh Orange 0</p> <p>Cal 696 Carb 76 Sod 1053</p>	<p>15</p> <p>Swedish Meatballs 299 Steamed Brown Rice 5 Lyonnais Carrots 74 100% Whole Wheat Bread 120 Diced Mangoes 0</p> <p>Cal 655 Carb 89 Sod 623</p>	<p>16</p> <p>Pork Roast w/Gravy 119 Mashed Potatoes 33 Mixed Vegetables 43 12 Grain Bread 200 Applesauce 0</p> <p>Cal 717 Carb 85 Sod 520</p>
<p>19 PATRIOT'S DAY</p> 	<p>20</p> <p>Veal Picatta* 502 Mashed Potatoes 33 Green Beans 2 100% Whole Wheat Bread 120 Sliced Peaches 6</p> <p>Cal 743 Carb 92 Sod 788</p>	<p>21</p> <p>Chicken Bruschetta 465 Buttered Noodles 8 Mixed Greens 149 Oat Nut Bread 150 Apricots 5</p> <p>Cal 653 Carb 89 Sod 902</p>	<p>22</p> <p>Cheese Omelet 420 Sliced Potatoes 4 Italian Blend Vegetables 40 1/2 Biscuit 220 Bananas 1</p> <p>Cal 686 Carb 80 Sod 810</p>	<p>23</p> <p>Beef Teriyaki w/Broccoli 411 Steamed Rice 5 Oriental Vegetables 21 Oat Nut Bread 150 Pineapple & Mandarin 4</p> <p>Cal 739 Carb 90 Sod 716</p>
<p>26</p> <p>Hawaiian Chicken 492 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6</p> <p>Cal 635 Carb 91 Sod 899</p>	<p>27</p> <p>Beef Stew 72 Buttered Potatoes 4 Mixed Greens 149 Dinner Roll 210 Fresh Apple 2</p> <p>Cal 763 Carb 92 Sod 562</p>	<p>28</p> <p>Salisbury Steak 410 Rice Pilaf 11 Butternut Squash 22 12 Grain Bread 200 Strawberry Cup 4</p> <p>Cal 721 Carb 99 Sod 772</p>	<p>29</p> <p>Mac & Cheese 627 Chunky Tomato Soup 262 Cut Green Beans 2 Oatnut Bread 150 Sliced Pears 5</p> <p>Cal 631 Carb 79 Sod 1171</p>	<p>30</p> <p>Chicken Divan 379 Buttered Noodles 8 Peas and Mushrooms 65 100% Whole Wheat Bread 120 Tropical Fruit Mix 10</p> <p>Cal 671 Carb 92 Sod 707</p>

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.

