

# Elder Services of Berkshire County - Nutrition Program

JUNE 2018

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
Revised 5.25.18				<b>1</b> <b>Greek Style Chicken Stew</b> 173 Roasted Potatoes 49 Broccoli 22 Dinner Roll 160 Fruited Gelatin 10 Calories: 479 Sodium: 539
<b>4</b> <b>Pork Roast w/Gravy</b> 137 Garlic Mashed Potatoes 33 Winter Squash 2 Oat Nut Bread 230 Mixed Fruit 3 Calories: 650 Sodium: 530	<b>5</b> <b>Tuna Noodle Casserole</b> 245 Sugar Snap Peas 4 Mixed Greens 149 100% Whole Wheat Bread 150 Diced Peaches 5 Calories: 564 Sodium: 678	<b>6</b> <b>Low Sodium Hot Dog</b> 540 Vegetarian Baked Beans 140 Sauerkraut 222 Hot Dog Roll 320 Apple Sauce 14 <b>High Sodium Meal</b> Calories: 726 Sodium: 1361	<b>7</b> <b>Moroccan Beef Stew</b> 178 Brown Rice Pilaf 7 Squash Medley 11 12 Grain Bread 200 Fresh Orange 0 Calories: 764 Sodium: 521	<b>8</b> <b>Chicken Salad</b> 319 Macaroni Salad 238 Cold Spiced Beets 179 Bulkie Roll 294 Fresh Apple 1 Calories: 836 Sodium: 1156
<b>11</b> <b>Salmon Boat</b> 210 <b>with Newburg Sauce</b> 272 Boiled Potatoes 6 Mixed Greens 149 100% Wheat Bread 150 Diced Pears 5 Calories: 545 Sodium: 917	<b>12</b> <b>Spanish Rice</b> 142 Butternut Squash 48 Corn w/Pimiento 5 Flour Tortilla 170 Pineapple Tidbits 1 Calories: 838 Sodium: 491	<b>13</b> <b>Mini Ravioli</b> 439 <b>with Marinara Sauce</b> 101 Mixed Vegetables 55 Wax Beans 3 Oat Nut Bread 230 Tossed Salad (Meal Site) 0 Fresh Orange 0 Calories: 673 Sodium: 953	<b>14 FATHERS DAY</b> <b>Sage Stuffed Chicken/Gravy *</b> 514 Mashed Potatoes 97 Peas w/Diced Carrots 51 Dinner Roll 160 Ice Cream** 46 Calories: 765 Sodium: 982	<b>15</b> <b>Meatloaf</b> 256 Sweet Potatoes 35 Cauliflower w/Pimiento 13 100% Wheat Bread 150 Mixed Fruit 10 Calories: 600 Sodium: 589
<b>18</b> <b>Chicken Bruschetta</b> 465 Rice Pilaf 109 Green Beans 3 12 Grain Bread 200 Banana 1 Calories: 626 Sodium: 903	<b>19</b> <b>Beef Stroganoff</b> 151 Egg Noodles 4 California Blend Vegetables 17 Dinner Roll 160 Fruit Cocktail 5 Calories: 663 Sodium: 462	<b>20</b> <b>Chicken on Biscuit</b> 105 Mashed Potatoes 97 Sliced Carrots 43 WG Biscuit 440 Diced Pears 5 Calories: 766 Sodium: 815	<b>21</b> <b>Salisbury Steak</b> 289 Steamed Brown Rice 5 Winter Squash 48 Oat Nut Bread 230 Apple Sauce 14 Calories: 702 Sodium: 711	<b>22</b> <b>Chef Salad</b> 455 <b>w/Ham, Turkey, Cheese</b> 3 Bean Salad 212 Cole Slaw 169 100% Wheat Bread 150 Diced Peaches 5 Calories: 770 Sodium: 1116
<b>25</b> <b>French Toast Stick</b> 285 Sausage Links 266 Roasted Potatoes 49 Maple Syrup 23 Tropical Fruit 10 Calories: 704 Sodium: 758	<b>26</b> <b>Chicken Almondine</b> 426 Scalloped Potatoes 56 Broccoli 9 100% Wheat Bread 150 Apricot 5 Calories: 571 Sodium: 771	<b>27</b> <b>Baked Haddock</b> 296 Tomato Medley 232 Mixed Vegetables 55 Oat Nut Bread 230 Tossed Salad (Meal Site) 0 Diced Peaches 5 Calories: 514 Sodium: 943	<b>28 New Item</b> <b>Italian Wedding Soup</b> 303 Egg Salad Sandwich 147 Brussels Sprouts 79 Hot Dog Roll 320 Apple Crisp 20 Calories: 907 Sodium: 994	<b>29</b> <b>Curry Chicken</b> 89 Mashed Potatoes 97 Sliced Carrots 43 12 Grain Bread 200 Blueberry Yogurt ** 75 Calories: 718 Sodium: 629

**Dietary Information:** All meals include 1% Milk 125 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.

**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.