

Elder Services of Berkshire County - Nutrition Program

JULY 2022

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HOT LINE</p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>				<p>1 July 4th Picnic</p> <p>Balsamic Grill Chicken 333</p> <p>Wild Rice 3</p> <p>Green Beans Vinaigrette 113</p> <p>Italian Bread 230</p> <p>Ice Cream ** 46</p> <p>cal 723 carb 76 Sod 850</p>
<p>4</p> <p>HAPPY 4TH OF JULY</p>  <p>CLOSED</p>	<p>5</p> <p>Chicken Almondine 226</p> <p>Buttered Noodles 11</p> <p>Asparagus Cuts 4</p> <p>Oat Nut Bread 150</p> <p>Sliced Peaches 6</p> <p>cal 626 carb 85 Sod 522</p>	<p>6</p> <p>Beef Stew 72</p> <p>Boiled potatoes 4</p> <p>Brussel sprouts w/cheese 74</p> <p>12 Grain Bread 200</p> <p>Snack Loaf ** 160</p> <p>cal 884 carb 98 sod 636</p>	<p>7</p> <p>California Chicken Salad 94</p> <p>Mushroom Barley Soup 46</p> <p>Broccoli Florets 22</p> <p>Hot Dog Roll 180</p> <p>Pear Crisp 11</p> <p>cal 671 carb 88 Sod 478</p>	<p>8</p> <p>Sweet N Sour Pork 490</p> <p>Steamed Rice 6</p> <p>Boiled Cabbage 13</p> <p>Whole Wheat Bread 120</p> <p>Mixed Fruit 10</p> <p>cal 590 carb 85 sod 764</p>
<p>11</p> <p>Meatballs& Shells 311</p> <p>Italian Green Beans 3</p> <p>Italian Bread 230</p> <p>Apricots 5</p> <p>cal 612 carb 87 sod 674</p>	<p>12</p> <p>Yankee Pot Roast 346</p> <p>Mashed Potatoes 33</p> <p>Broccoli Florets 22</p> <p>Dinner Roll 210</p> <p>Diced Pears 5</p> <p>cal 721 carb 87 sod 741</p>	<p>13</p> <p>Chicken Marsala 281</p> <p>Boiled Potatoes 4</p> <p>Spinach 76</p> <p>Oat Nut Bread 150</p> <p>Tropical Fruit Mix 10</p> <p>cal 569 carb 77 sod 646</p>	<p>14 GLOBAL TABLE</p> <p>Szechuan Noodle Salad 436</p> <p>Cold Spiced Beets 179</p> <p>Asian Coleslaw 18</p> <p>Whole Wheat Bread 120</p> <p>Key Lime Bavarian** 110</p> <p>cal 769 carb 95 Sod 988</p>	<p>15</p> <p>Shepherd's Pie 75</p> <p>Mashed Potatoes 33</p> <p>Sliced Carrots 43</p> <p>12 Grain Bread 200</p> <p>Mandarin Oranges 7</p> <p>cal 691 carb 85 sod 483</p>
<p>18</p> <p>Cod Pomadora 461</p> <p>Boiled Potatoes 4</p> <p>Peas w/Mushrooms 65</p> <p>Oat Nut Bread 150</p> <p>Sliced Peaches 6</p> <p>cal 592 carb 92 sod 811</p>	<p>19</p> <p>Moroccan Beef Stew 170</p> <p>Mashed Potatoes 33</p> <p>Harvard Beets 178</p> <p>Whole Wheat Bread 120</p> <p>Applesauce 0</p> <p>cal 714 carb 85 sod 626</p>	<p>20</p> <p>Veal Piccata* 502</p> <p>Steamed Rice 11</p> <p>Summer Blended 24</p> <p>Oat Nut Bread 150</p> <p>Pineapple Tidbits 1</p> <p>cal 735 carb 101 sod 813</p>	<p>21</p> <p>Macaroni & Cheese* 627</p> <p>Stewed Tomatoes 101</p> <p>Sliced Carrots 43</p> <p>12 Grain Bread 200</p> <p>Mixed Fruit 10</p> <p>cal 602 carb 73 sod 1106</p>	<p>22</p> <p>Salad w/Chicken & Cheese 276</p> <p>Carrot Raisin Salad 160</p> <p>4 Bean Salad 113</p> <p>Dinner Roll 210</p> <p>Diced Mangoes 0</p> <p>cal 851 carb 83 sod 884</p>
<p>25</p> <p>Chicken Asparagus 55</p> <p>Buttered Noodles 8</p> <p>Mixed Greens 149</p> <p>Whole Wheat Bread 120</p> <p>Fresh Nectarine 0</p> <p>cal 619 carb 82 sod 457</p>	<p>26</p> <p>Sliced Turkey w/Gravy 402</p> <p>Mashed Sweet Potatoes 30</p> <p>Cauliflower w/Pimento 17</p> <p>Oat Nut Bread 150</p> <p>Fruit Cocktail 10</p> <p>cal 537 carb 82 sod 734</p>	<p>27</p> <p>Baked Breaded Pollock 302</p> <p>Scalloped Potatoes 20</p> <p>Coleslaw 169</p> <p>Whole Wheat Bread 120</p> <p>Peach Compote 9</p> <p>cal 865 carb 98 sod 745</p>	<p>28</p> <p>Beef Chili 217</p> <p>Steamed Rice 6</p> <p>Lyonnais Carrots 74</p> <p>12 Grain Bread 200</p> <p>Watermelon Chunks 1</p> <p>cal 740 carb 82 sod 623</p>	<p>29</p> <p>Chicken with Broccoli & Cheese 410</p> <p>Mashed Potatoes 33</p> <p>Mixed Vegetables 43</p> <p>Dinner Roll 210</p> <p>Fruited Gelatin ** 89</p> <p>cal 767 carb 100 sod 910</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.