

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 2017

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| | | | | 1 Macaroni & Cheese Stewed Tomatoes Peas & Pearl Onions Whole Wheat Bread Applesauce |
| 4 LABOR DAY CLOSED | 5 Swedish Meatballs Brown Rice Spinach 12 Grain Bread Pineapple | 6 Roast Turkey w/Gravy Mashed Potatoes Winter Squash Dinner Roll Diced Pears | 7 Krabby Patty w/ Newburg Sauce Egg Noodles Carrots Oat Nut Bread Orange | 8 Roast Chicken w/Bone Sliced Roasted Potatoes Corn Rye Bread Vanilla Pudding ** |
| 11 Italian Meatballs Penne w/ Sauce Broccoli Italian Bread Diced Pears | 12 Ham Salad * Tossed Salad Potato Salad Hot Dog Roll Mixed Fruit | 13 Chicken Marsala Roasted Potatoes Mixed Vegetables 100% Whole Wheat Bread Banana | 14 Shepherd's Pie Mashed Potatoes Green Beans 12 Grain Bread Fruited Gelatin* | 15 Roast Pork w/Gravy Sweet Potatoes Brussels Sprouts w/Cheese Sauce Wheat Bread Spiced Sliced Apples |
| 18 Sage Stuffed Chicken w/Gravy Mashed Potatoes Diced Carrots Dinner Rolls Vanilla Yogurt ** | 19 Meatloaf w/Gravy Mashed Potatoes Winter Squash 12 Grain Bread Fresh Pear | 20 Hot Dogs * Vegetarian Baked Beans Cole Slaw Hot Dog Bun Fruit Crisp | 21 Curry Chicken Augratin Potatoes Peas & Carrots Wheat Bread Spiced Sliced Apples | 22 Salmon Boat w/Newburg Rice Pilaf Spinach Oat Nut Bread Tropical Fruit Mix |
| 25 Beef Stew Mashed Potatoes Broccoli Whole Grain Biscuit Pineapple Chunks | 26 Chicken Salad Corn Chowder Cauliflower Hot Dog Roll Apple Crisp | 27 Skillet Frittata w/ Sausage & Cheese Sliced Roasted Potatoes Green Beans Wheat Bread Fruit Cocktail | 28 Baked Pollock Scalloped Potatoes Carrots Rye Bread Apple Tossed Salad (Congregate) | 29 Chicken Cacciatore Egg Noodles Snap Peas Oat Nut Bread Apricots |

Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium

*High Sodium **Modifications for restricted sugar available

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.