

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 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
3 LABOR DAY	4 Home Made Meatloaf 283 Mashed Potatoes 31 Carrots 43 Wheat Dinner Roll 132 Mixed Fruit 3 <i>Calories: 676 Sodium: 617</i>	5 Roast Pork/Gravy 143 Egg Noodles 4 Broccoli Florets 22 100% Whole Wheat Bread 138 Applesauce 14 <i>Calories: 544 Sodium: 446</i>	6 Lentil Stew 103 Cauliflower 17 Mixed Greens 149 12 Grain Bread 200 Diced Pears 5 <i>Calories: 461 Sodium: 599</i>	7 Chicken Bruschetta 465 Sweet Potatoes 35 Steamed Red Cabbage 1 Oat Nut Bread 230 Diced Peaches 5 <i>Calories: 605 Sodium: 861</i>
10 Italian Meatballs 311 Wheat Penne w/Sauce(VC) 53 Mixed Vegetables 41 Italian Bread 230 Fresh Apple 1 <i>Calories: 703 Sodium: 761</i>	11 Roast Turkey/Gravy * 504 Sweet Potatoes 35 Italian Style Zucchini 15 12 Grain Bread 200 Chocolate Pudding ** 190 <i>Calories: 664 Sodium: 1069</i>	12 Shepherd's Pie 72 Mashed Potatoes 31 Cauliflower 17 Rye Bread 150 Fruit Cocktail 5 <i>Calories: 513 Sodium: 400</i>	13 Chicken Marsala 122 Egg Noodles 4 Sugar Snap Peas 4 Oat Nut Bread 230 Pineapple & Mandarin Oranges 4 <i>Calories: 626 Sodium: 489</i>	14 Calico Beans and Sausage 480 Steamed Brown Rice 5 Broccoli 22 12 Grain Bread 200 Apricots 10 <i>Calories: 808 Sodium: 842</i>
17 Baked Haddock 296 Mashed Potatoes 31 Peas and Carrots 72 Dinner Roll 160 Diced Pears 5 <i>Calories: 477 Sodium: 689</i>	18 Philly Steak Sub with Onions Peppers and Cheddar cheese 386 Vegetarian Baked Beans 140 Spinach & Mushrooms 150 Sub Roll 350 Fresh Orange <i>Calories: 714 Sodium: 1151</i>	19 BBQ Chicken Breast * 561 Roasted Potatoes 49 Green Beans 3 12 Grain Bread 200 Sliced Peaches 5 <i>Calories: 583 Sodium: 943</i>	20 Beef Chili 184 Steamed Brown Rice 5 California Blend Vegetables 17 Oat Nut Bread 230 Applesauce 14 <i>Calories: 610 Sodium: 575</i>	21 Macaroni and Cheese * 627 Stewed Tomatoes 101 Summer Squash & Zucchini 11 100% Whole Wheat Bread 138 2 Chocolate Chip Cookies ** 112 <i>Calories: 683 Sodium: 1114</i>
24 Stuffed Pepper Casserole 68 Mixed Greens 149 Beets 134 12 Grain Bread 200 Mixed Fruit 3 <i>Calories: 602 Sodium: 679</i>	25 Chicken with Gravy 327 Garlic Mashed Potatoes 33 Carrots 43 100% Whole Wheat Bread 138 Diced Peaches 5 <i>Calories: 496 Sodium: 671</i>	26 Baked Breaded Pollock 222 Sweet Potatoes 31 Broccoli 22 Oat Nut Bread 230 Blueberry Yogurt 75 <i>Calories: 651 Sodium: 705</i>	27 Beef Stew 79 Roasted Potatoes 49 Brussel Sprouts 12 Dinner Roll 160 Fresh Pear 2 <i>Calories: 715 Sodium: 427</i>	28 Tuna Salad 230 Minestrone Soup 63 Cauliflower & Pimiento 17 Hot Dog Roll 320 Fruit Crisp 6 <i>Calories: Sodium: 761</i>

Dietary Information: All meals include 1% Milk 100 calories/125 mg sodium
 Calories and sodium from salad dressings, margarine, crackers and condiments
 are not included. *High Sodium entree **Modifications for restricted sugar available
 Nutrition information provided is not exact but will help guide you in your daily intake.

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.