


# Elder Services of Berkshire County - Nutrition Program

# DECEMBER 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	
				<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>		<b>1</b> Veal Parmesan* 752 Penne w/Marinara 53 Peas and Pearl Onions 43 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 880 Carb 107 Sod 1100</i>		<b>2</b> Kitchen Reno <b>FROZEN MEAL PACK</b> Italian Bread Applesauce	
<b>5</b> Kitchen Reno <b>FROZEN MEAL PACK</b> 12 Grain Bread Banana		<b>6</b> Kitchen Reno <b>FROZEN MEAL PACK</b> Oat Nut Bread Fresh Apple		<b>7</b> Chicken Breast & Gravy 227 Boiled Red Potatoes 4 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 <i>Cal 513 Carb 64 Sod 630</i>		<b>8</b> Baked Pollock Loin 97 Garlic Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Tropical Fruit Mix 10 <i>Cal 535 Carb 75 Sod 458</i>		<b>9</b> Greek Chicken Casserole 388 Boiled Gold Potatoes 4 Harvard Beets 178 12 Grain Bread 200 Clementines 1 <i>Cal 563 Carb 81 Sod 896</i>	
<b>12</b> Chicken Cacciatore 230 Brown Rice 3 Tuscan Vegetables 48 Whole Wheat Bread 120 Sliced Pears 5 <i>Cal 479 Carb 70 Sod 531</i>		<b>13</b> Shepherd's Pie 75 Mashed Potatoes 33 Peas and Carrots 69 Oat Nut Bread 150 Applesauce 0 <i>Cal 717 Carb 89 Sod 452</i>		<b>14</b> Turkey Sausage & Cheese Taco 410 O'Brien Potatoes 7 Broccoli Florets 22 12 Grain Bread 200 Banana 1 <i>Cal 684 Carb 104 Sod 765</i>		<b>15 HOLIDAY DINNER</b> Roast Beef w/Gravy 106 Mashed Potatoes 33 Mixed Root Vegetables 99 Snowflake Roll 250 Cherry Pie* 482 <i>Cal 925 Carb 116 Sod 1095</i>		<b>16</b> Ravioli w/Meat Sauce 272 Sliced Carrots 43 Brussel Sprouts 14 Italian Bread 230 Sliced Peaches 6 <i>Cal 523 Carb 81 Sod 690</i>	
<b>19</b> Baked Breaded Pollock 190 Scalloped Potatoes 20 Mixed Vegetables 43 12 Grain Bread 200 Tropical Fruit Mix 10 <i>Cal 654 Carb 99 Sod 588</i>		<b>20</b> Beef Stew 72 Boiled Gold Potatoes 4 California Blend Veg 17 Biscuit 220 Diced Pears 10 <i>Cal 697 Carb 75 Sod 448</i>		<b>21</b> Butternut Mac & Cheese 373 Cream of Tomato Soup 262 Green Beans 3 Oat Nut Bread 150 Caramel Bavarian** 110 <i>Cal 662 Carb 82 Sod 1023</i>		<b>22</b> Roast Pork w/Gravy 62 Mashed Sweet Potatoes 36 Mixed Greens 149 Whole Wheat Bread 120 Fresh Apple 2 <i>Cal 649 Carb 86 Sod 494</i>		<b>23</b> BBQ Chicken Breast 461 Mashed Potatoes 33 Lyonnaise Carrots 74 Oat Nut Bread 150 Sliced Peaches 6 <i>Cal 663 Carb 88 Sod 849</i>	
<b>26 CHRISTMAS</b>  Happy Holidays Closed		<b>27</b> Beef Spanish Rice 93 Split Pea Soup 42 Cauliflower 11 Tortilla Shell 170 Tropical Fruit Mix 10 <i>Cal 746 Carb 97 Sod 451</i>		<b>28</b> Turkey with Cranberry Orange Glaze 399 Red Potatoes 4 Asparagus Cuts 4 12 Grain Bread 200 Spiced Apples 11 <i>Cal 655 Carb 103 Sod 743</i>		<b>29</b> Veal w/ Pepper & Onion 478 Buttered Noodles 8 Capri Blend Vegetables 22 Oat Nut Bread 150 Fresh Orange <i>Cal 862 Carb 99 Sod 783</i>		<b>30</b> Yankee Pot Roast 316 Mashed Potatoes 39 Italian Blend Vegetable 19 Oatnut Bread 150 Applesauce 0 <i>Cal 866 Carb 95 Sod 806</i>	

**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.