

Elder Services of Berkshire County - Nutrition Program

JANUARY 2023

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
2 NEW YEARS  Happy Holidays Closed	3 Chicken Strips 324 Pasta Alfredo 376 Broccoli Florets 22 Whole Wheat Bread 120 Fruit Crisp 11 Cal 721 Carb 102 Sod 978	4 Salmon Newburg Sauce 424 Steamed Brown Rice 3 Mixed Greens 149 12 Grain Bread 200 Fresh Orange 0 Cal 581 Carb 87 Sod 901	5 Eggplant Parmesan 450 Minestrone Soup 63 Winter Blend Vegetables 10 Whole Wheat Bread 120 Sliced Peaches 6 Cal 617 Carb 88 Sod 774	6 Chicken w/Gravy 327 Mashed Potatoes 33 Green Beans 3 Dinner Roll 210 Apricot Halves 5 Cal 604 Carb 84 Sod 703
9 Turkey Medaillons w/gravy 472 Sliced Potatoes 28 Peas and Carrots 69 Whole Wheat Bread 120 Sliced Pears 5 Cal 509 Carb 76 Sod 819	10 CHEF SPECIAL Lentil Stew 104 Steamed Brown Rice 3 Butternut Squash 2 Oat Nut Bread 150 Diced Mangos 0 Cal 608 Carb 121 Sod 384	11 Chicken on a Biscuit 105 Buttered Noodles 11 Broccoli Florets 22 Whole Grain Biscuit 220 Mixed Fruit 10 Cal 673 Carb 81 Sodium: 493	12 Beef Stew 72 Sour Cream and Chive Mashed 32 Roasted Root Vegetables 37 Dinner Roll 210 Lemon Bavarian ** 77 Cal 690 Carb 75 Sod 553	13 Swedish Meatballs * 544 Gold Potatoes 4 Brussel Sprouts w/Cheese Sauce 74 Whole Wheat Bread 120 Fresh Apple 2 Cal 717 Carb 87 Sod 869
16 Happy MARTIN LUTHER KING 	17 Roast Pork w/gravy 119 Sweet Potato 30 Boiled Cabbage 6 Whole Wheat Bread 120 Applesauce 0 Cal 559 Carb 68 Sod 400	18 Butternut Squash Mac&Cheese 373 Tomato Soup 262 Tuscany Blend Vegetables 35 Oat Nut Bread 150 Sliced Peaches 6 Cal 646 Carb 87 Sodium: 951	19 Chicken w/Apple Raisin Gravy 323 Steamed White Rice 4 Asparagus 4 Corn Bread 210 Chocolate Chip Cookie ** 100 Cal 735 Carb 94 Sod 766	20 Chinese New Year Oriental Beef 349 White Rice 6 Sugar Snap Peas 3 12 Grain Bread 200 Pineapple 1 Cal 638 Carb 100 Sod 684
23 GLOBAL TABLE Chicken Curry 144 Coconut Rice 6 Minted Green Beans 6 Oat Nut Bread 150 Apricot Halves 5 Cal 867 Carb 91 Sod 436	24 Cheese Lasagna 476 Mixed Greens 149 Minestrone Soup 63 Whole Wheat Bread 120 Spiced Apples 11 Cal 680 Carb 97 Sod 944	25 Chicken Cacciatore 437 Wild Rice Pilaf 60 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 1 Cal 636 Carb 101 Sodium 857	26 Beef Stroganoff 79 Mashed Potatoes 33 Mixed Vegetables 53 Ancient Whole Grain 85 Sliced Pears 5 Cal 817 Carb 101 Sod 380	27 Meatloaf & Gravy 284 Lyonnaise Potatoes 7 Sliced Beets 185 Dinner Roll 210 Pineapple & Mandarins 4 Cal 795 Carb 97 Sod 815
30 Penne with Bolognese Sauce 140 Capri Blend 22 Italian Bread 230 Peach Crisp 11 Cal 657 Carb 96 Sod 530	31 Chicken Bruschetta 465 Rice Pilaf 11 Winter Blend Vegetables 10 Oat Nut Bread 150 Sliced Pears 5 Cal 553 Carb 78 Sod 766		HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	Ingredients purchased from: 

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.