





Elder Services of Berkshire County - Nutrition Program

APRIL 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
<p><u>HOT LINE</u></p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at <u>1-800-981-5201</u></p>				
<p>3</p> <p>Pork Chili* 518</p> <p>Brown Rice 3</p> <p>Asparagus 4</p> <p>Corn Bread 210</p> <p>Diced Pears 5</p> <p>Cal 687 Carb 92 Sod 865</p>	<p>4</p> <p>Sliced Turkey & Gravy 402</p> <p>Mashed Potatoes 33</p> <p>Glazed Carrots 47</p> <p>Dinner Roll 210</p> <p>Spiced Apples 11</p> <p>Cal 604 Carb 86 Sod 828</p>	<p>5</p> <p>Beef Cabbage Casserole 87</p> <p>Green Beans 2</p> <p>Squash & Red Peppers 6</p> <p>Oatnut Bread 150</p> <p>Mixed Fruit 10</p> <p>Cal 578 Carb 73 Sod 380</p>	<p>6</p> <p>Lemon Chicken 308</p> <p>Parmesan Risotto 45</p> <p>Brussel Sprouts 14</p> <p>12 Grain Bread 200</p> <p>Orange 0</p> <p>Cal 21 Carb 84 Sod 692</p>	<p>7 GOOD FRIDAY</p> <p>Kitchen Closed</p> <p>~~~</p> <p>Frozen Meals</p>
<p>10</p> <p>Beef Stroganoff 79</p> <p>Buttered Noodles 8</p> <p>California Blend 17</p> <p>Dinner Roll 210</p> <p>Fruit Cocktail 5</p> <p>Cal 684 Carb 86 Sod 444</p>	<p>11</p> <p>Chicken Almondine 226</p> <p>Boiled Potatoes 4</p> <p>Peas & Onions 69</p> <p>Oatnut Bread 150</p> <p>Blueberry Yogurt ** 75</p> <p>Cal 611 Carb 86 Sod 649</p>	<p>12</p> <p>Tuna on Bed of Lettuce 259</p> <p>Chickpea Tomato Salad 370</p> <p>Cold Spiced Beets 179</p> <p>Whole Wheat Bread 120</p> <p>Banana 1</p> <p>Cal 557 Carb 80 Sod 1054</p>	<p>13</p> <p>Chicken Meatballs w/Marinara 311</p> <p>Rotini Pasta 3</p> <p>Monaco Vegetable Blend 7</p> <p>12 Grain Bread 200</p> <p>Diced Mangoes 0</p> <p>Cal 748 Carb 116 Sod 646</p>	<p>14</p> <p>Kitchen Closed</p> <p>~~~</p> <p>Frozen Meals</p>
<p>17 PATRIOT'S DAY</p> <p style="text-align: center;"></p> <p>No Meal Delivery</p>	<p>18</p> <p>Veal Picatta* 502</p> <p>Mashed Potatoes 33</p> <p>Broccoli Florets 22</p> <p>Whole Wheat Bread 120</p> <p>Sliced Peaches 6</p> <p>Cal 744 Carb 93 Sod 808</p>	<p>19</p> <p>Chicken Bruschetta 465</p> <p>Buttered Noodles 8</p> <p>Mixed Greens 149</p> <p>Italian Bread 230</p> <p>Applesauce 0</p> <p>Cal 599 Carb 80 Sod 977</p>	<p>20</p> <p>Pork Roast w/Gravy 119</p> <p>Mashed Potatoes 33</p> <p>Mixed Veg 43</p> <p>12 Grain Bread 200</p> <p>Apricots 5</p> <p>Cal 731 Carb 89 Sod 525</p>	<p>21</p> <p>Beef Teriyaki w/Broccoli 411</p> <p>Steamed Rice 6</p> <p>Oriental Vegetables 21</p> <p>Oatnut Bread 150</p> <p>Pineapple & Mandarin 4</p> <p>Cal 741 Carb 91 Sod 717</p>
<p>24</p> <p>Chick Nuggets 456</p> <p>Rice Pilaf 11</p> <p>Sliced Carrots 43</p> <p>12 Grain Bread 200</p> <p>Sliced Peaches 6</p> <p>Cal 572 Carb 90 Sod 841</p>	<p>25</p> <p>Beef Stew 72</p> <p>Butter Potatoes 28</p> <p>Mixed Greens 149</p> <p>Dinner Roll 210</p> <p>Fresh Apple 2</p> <p>Cal 776 Carb 98 Sod 586</p>	<p>26</p> <p>Salisbury Steak 410</p> <p>Mashed Potato 33</p> <p>Cauliflower w/ Pimientos 17</p> <p>Rye Bread 193</p> <p>Strawberry Cup 0</p> <p>Cal 740 Carb 88 Sod 778</p>	<p>27</p> <p>Butternut Mac & Cheese 373</p> <p>Chunky Tomato Soup 262</p> <p>Cut Green Beans 2</p> <p>Oatnut Bread 150</p> <p>Sliced Pears 5</p> <p>Cal 643 Carb 85 Sod 917</p>	<p>28</p> <p>Chicken Divan 379</p> <p>Buttered Noodles 8</p> <p>Peas and Mushrooms 65</p> <p>Whole Wheat Bread 120</p> <p>Tropical Fruit Mix 10</p> <p>Cal 671 Carb 92 Sod 707</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.