



# March

## RENAL NUTRITION PROGRAM

PROVIDED BY:  
Hillcrest Commons Nursing & Rehab Center  
&  
Elder Services of Berkshire County



### Week 1

**MON:** Hot Turkey Sandwich, Green Beans, Applesauce

**TUES:** Herbed Chicken, White Rice, seasoned Carrots, Mixed Fruit Cup

**WED:** Herbed Pork Loin, Red Smashed Potatoes, Buttered Corn, Fruit

**THURS:** Garlic Spaghetti, Grilled Chicken, Tossed Salad (no tomatoes), Pineapple

**FRI:** Plain Eggplant, Garlic Pasta, Italian Green Beans, Sliced Pears

### Week 2

**MON:** Grilled Chicken, Buttered Pasta, Carrots, Peach Cobbler

**TUES:** Roasted Turkey, California Vegetables, Buttered Pasta, Vanilla Pudding

**WED:** Herbed Chicken, Vegetable Medley, Buttered Pasta, Cookie

**THURS:** Hamburger, Green Beans, Tossed Salad (no tomatoes), Peaches

**FRI:** Garlic Chicken Parm, Garlic Pasta, Italian Green Beans, Sliced Pears

### Week 3

**MON:** Hot Roastbeef Sandwich, Carrots, Jello

**TUES:** Italian Chicken, White Rice, Seasoned Peas, Jello

**WED:** Roast Pork Loin, Buttered Pasta, Green Beans, Vanilla Ice Cream

**THURS:** Philly Cheese Steak, California Vegetables, Pineapple

**FRI:** Grilled Chicken, Buttered Pasta, Carrots, Jello

### Week 4

**MON:** Grilled Chicken, Garlic Pasta, Seasoned Peas, Jello

**TUES:** Mustard Crusted Pork, Buttered Pasta, Broccoli, Cookie

**WED:** Herbed Pork Loin, Noodles, Green Beans, Peaches

**THURS:** Garlic Spaghetti, Meatballs, Italian Green Beans, Cake

**FRI:** Beef Stroganoff, Noodles, Broccoli, Cookies

