

Elder Services of Berkshire County - Nutrition Program

MAY 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
1 Cod Pomodoro 461 Scalloped Potatoes 20 Sliced Carrots 43 Whole Wheat Bread 120 Fresh Orange 0 <i>Cal 479 Carb 78 Sod 769</i>	2 White Chicken Chili 261 Brown Rice 3 Peas 58 Mini Corn Bread Loaf 210 Mangoes 0 <i>Cal 761 Carb 106 Sod 657</i>	3 Moroccan Beef Stew 170 Sweet Potatoes 36 Brussel Sprouts 14 12 Grain Bread 200 Sliced Peaches 6 <i>Cal 715 Carb 99 Sod 551</i>	4 Mother's Day Meal Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Asparagus Cuts 4 Whole Wheat Bread 120 Choco Chip Brownie ** 117 <i>Cal 646 Carb 81 Sod 801</i>	5 Sweet N Sour Pork 490 Buttered Penne 8 Broccoli Florets 22 Oat Nut Bread 150 Apricots 5 <i>Caloric 690 Carb 98 Sod 800</i>
8 Chicken Caesar Salad 104 Rice Salad 22 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 730 Carb 81 Sod 538</i>	9 Pasta Primavera* 521 Tomato Medley 113 Rye Bread 230 Warm Applesauce 0 <i>Cal 660 Carb 107 Sod 989</i>	10 Chicken Burger 338 Au gratin Potatoes 96 Cauliflower w/pimento 17 Hamburger Bun 320 Sliced Pears 5 <i>Cal 612 Carb 80 Sod 901</i>	11 GLOBAL TABLE Veal Parmesan* 753 Shells w/Marinara Sauce 52 Yellow & Green Beans 3 Oatnut Bread 150 Mixed Fruit 10 <i>Cal 857 Carb 105 Sod 1093</i>	12 Chicken stuffed With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Banana 1 <i>Cal 744 Carb 113 sod 822</i>
15 Roast Pork w/Gravy 88 Mashed Potatoes 33 Spring Blend Vegetables 62 Oat Nut Bread 150 Applesauce 0 <i>Cal 683 Carb 85 Sod 458</i>	16 Beef Teriyaki 181 Steamed White Rice 4 Sliced Carrots 43 12 Grain Bread 200 Pineapple & Mandarins 4 <i>Cal 678 Carb 80 Sod 557</i>	17 Breaded Chicken Bites 456 Ancient Grains Mix 214 Asparagus Cuts 3 Whole Wheat Bread 120 Fresh Apple 2 <i>Cal 593 Carb 87 Sod 920</i>	18 Homemade Meatloaf w/Gravy 284 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt ** 75 <i>Cal 839 Carb 98 Sod 743</i>	19 Lasagna w/Red Sauce 471 Wax Beans 2 Peas with Pimentos 79 Whole Wheat Bread 120 Sliced Peaches 6 <i>Cal 587 Carb 102 Sod 803</i>
22 Chicken Marsala 272 Sour Cream Mashed 32 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 <i>Cal 495 Carb 67 Sod 703</i>	23 Cheese Omelet 312 Broccoli Florets 22 Potato Leek Soup 23 Oat Nut Bread 150 Apricots 5 <i>Cal 557 Carb 67 Sod 637</i>	24 Chef Salad 276 Cold Spiced Beets 179 12 Grain Bread 200 Fresh Orange 0 0 <i>Cal 554 Carb 70 Sod 780</i>	25 Memorial Day Picnic Low Sodium Hot Dog* 540 Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Roll 180 Melon Cup 15 <i>Cal 667 Carb 69 Sod 1136</i>	26 Beef Burgundy 68 Garlic Mashed Potatoes 33 Lyonnaise carrots 74 Whole Wheat Bread 120 Diced Pears 10 <i>Cal 673 Carb 71 Sod 430</i>
29 MEMORIAL DAY  No Meal Delivery	30 Lexington BBQ Chicken 235 Confetti Rice 15 Summer Squash 2 Whole Wheat Bread 120 Sliced Peaches 6 <i>cal 515 carb 76 sod 503</i>	31 Cold Salmon Filet with Soy Ginger Dressing 274 Green Bean Vinaigrette 113 Cole Slaw 169 Oat Nut Bread 150 Fresh Orange 0 <i>cal 826 carb 77 sod 831</i>	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	

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.