

April 2023 Monthly Vegetarian Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Beyond "Beef" Taco Steamed Rice Vegetable of the Day Salsa Soft Taco	4. Vegetarian Egg Bake Vegetable of the Day Homemade Bread	5. Mushroom Cacciatore Noodles Vegetable of the Day Homemade Bread	6. Plant Protein Veggie Stew Steamed Rice Vegetable of the Day Homemade Bread	7. American Mac & Cheese Vegetable of the Day Homemade Bread
10. Bean & Veggie Chili Steamed Rice Vegetable of the Day Homemade Corn Bread	11. Plant Protein Teriyaki Steamed Rice Veggie of The Day Homemade Bread	12. Veggie Tomato Sauce Pasta Vegetable Of The Day Homemade Bread	13. Vegetarian Egg Bake Vegetable of the Day Homemade Bread	14. Chic Pea Salad Hard Boiled Eggs Garden Salad Homemade Salad Dressing Homemade Bread
17. Patriots Day Observed No meal	18. Bean & Cheese Burrito Steamed Rice Vegetable of the Day Homemade Bread	19. Plant Protein Stew Steamed Rice Vegetable of the Day Homemade Bread	20. Home-Style Veggie Shepherd's Pie Vegetable of the Day Homemade Bread	21. Pasta w/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Homemade Bread
24. Baked Veggie Burger Roasted Potato Vegetable of the Day Homemade Roll	25. Beyond Burger "Meat" Loaf Mashed Potatoes Vegetable of the Day Homemade Bread	26. Broccoli Alfredo Pasta Vegetable of the Day Homemade Bread	27. Vegan California Meatballs with Sauce & Pasta Vegetable of the Day Homemade Bread	28. Chic Pea Salad Hard Boiled Eggs Garden Salad Homemade Salad Dressing Homemade Bread
			Menu subject to change	Fact: The Titanic, a famous ship, hit an iceberg and sank on April 15, 1912 

Seniors 60 years of age or older - Suggested donation \$3.00. All contributions are returned to the community toward the cost of nutrition programs and services. 700-800 calories/meal 1000-1500mg sodium/meal Fat Content NOT TO EXCEED 30-35% All meals include soy milk - Calories and sodium from dressing not included. Nutrition information provided is not exact but will help guide .



Elder Services
 of Berkshire County, Inc.
 BERKSHIRE COUNTY
SHERIFF
 Vegetarian Meal Delivery For Seniors