

# Elder Services of Berkshire County - Nutrition Program

# JUNE 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
	<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>		<b>1</b> <b>Breaded Chicken Patty*</b> 517 w/Tomato slice 2 Corn Chowder 173 Sliced Carrots 17 Hamburger Roll 320 Mangoes 0 <i>cal 778 carb 102 sod 1154</i>	<b>2</b> Philly Steak w/cheese 370 Onions and peppers 9 Buttered Red Potatoes 4 Broccoli 22 Grinder Roll 280 Apricots 5 <i>cal 733 carb 90 sod 815</i>
<b>5</b> Beef Stroganoff 79 Buttered Noodles 11 Brussel Sprouts 14 Dinner Roll 210 Sliced Pears 5 <i>cal 734 carb 87 sod 444</i>	<b>6</b> Tuna Salad Sandwich 399 Italian Wedding Soup 303 Asparagus Cuts 4 Hot Dog Roll 180 Apple Crisp 20 <i>cal 723 carb 70 sod 1031</i>	<b>7</b> Goulash 94 Sliced Beets 185 Peas and Carrots 69 Italian Bread 230 Sliced Peaches 6 <i>cal 690 carb 96 sod 709</i>	<b>8</b> BBQ Pulled Pork 317 Boiled Gold Potatoes 4 Broccoli Florets 22 Hamburger Roll 212 Banana 1 <i>cal 643 carb 90 sod 681</i>	<b>9</b> Orange Chicken 229 Steamed White Rice 4 Snap Peas 58 Oat Nut Bread 150 Pineapple & Mandarin 4 <i>cal 589 carb 93 sod 570</i>
<b>12</b> Ravioli w/Marinara 270 Green Beans Almondine 3 Summer Squash 6 12 Grain Bread 200 Fresh Orange 0 <i>cal 557 carb 97 sod 604</i>	<b>13</b> Turkey Chef's Salad 397 Wild Rice Salad 60 Cherry Tomatoes 6 Whole Wheat Bread 120 Dried Cranberries 2 <i>cal 535 carb 85 sod 710</i>	<b>14</b> Chicken Putinesca 430 Mashed Potatoes 33 Sonoma Blend 20 Oat Nut Bread 150 Diced Pears 5 <i>cal 599 carb 84 sod 763</i>	<b>15 FATHER'S DAY MEAL</b> Beef Wellington 280 Mashed Sweet Potatoe: 36 Cauliflower w/Pimento 17 Dinner Roll 210 <b>Chocolate Pudding **</b> 185 <i>cal 1012 carb 125 sod 853</i>	<b>16</b> <b>Sliced Turkey w/Gravy *</b> 545 Mashed Potatoes 33 Spinach 76 Whole Wheat Bread 120 Spiced Apples 11 <i>cal 546 carb 74 sod 910</i>
<b>19</b> <b>Happy Juneteenth!</b>  No Meal Delivery	<b>20</b> <b>Lower Sodium Hotdog*</b> 550 Vegetarian Baked Beans 140 Cole Slaw 169 Hot Dog Bun 180 Apple Crisp 20 <i>cal 917 carb 89 sod 1184</i>	<b>21</b> BBQ Chicken Breast 217 Sliced Red Potatoes 4 Butternut Squash 34 12 Grain Bread 200 Tropical Fruit Salad 10 <i>cal 629 carb 89 sod 590</i>	<b>22</b> Swedish Meatballs 311 Buttered Egg Noodles 11 Italian Blend Vegetables 40 Whole Wheat Bread 120 Mixed Fruit 5 <i>cal 724 carb 91 sod 612</i>	<b>23</b> Spanish Rice (beef) 93 Broccoli Florets 22 Baby Carrots 43 Tortilla Shell 230 Banana 1 <i>cal 728 carb 102 sod 514</i>
<b>26</b> Lemon Chicken 349 German Potato Salad 180 Cucumber Yogurt 24 Whole Wheat Bread 120 Sliced Peaches 6 <i>cal 618 carb 82 sod 804</i>	<b>27</b> Pork Roast w/gravy 62 Mashed Sweet Potatoes 36 Ratatouille 55 Dinner Roll 210 Apricots 5 <i>cal 630 carb 84 sod 493</i>	<b>28</b> Oriental Beef 359 Steamed Brown Rice 3 Oriental Vegetables 18 Whole Wheat Bread 120 Fruit Cocktail 5 <i>cal 567 carb 82 sod 630</i>	<b>29</b> Salisbury Steak 370 Mashed Potatoes 33 Mixed Greens 150 12 Grain Bread 200 Honeydew Melon 15 <i>cal 744 carb 84 Sod 893</i>	<b>30</b> Cheese Omelet 312 O'Brien Potatoes 7 Mixed Vegetables 43 Whole Wheat Bread 120 Raisins 4 <i>cal 693 carb 91 Sod 611</i>

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.