

SEPTEMBER 2023 VEGETARIAN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUN FACT: September— Its name comes from the latin word <i>septem</i> , mean- ing seven, since it was the seven month of the roman calandar				1. Veggie Cutlet Parm Pasta with Pesto Sauce Vegetable of the day Home Made Bread
4 Holiday No Meal 	5 Bean & Cheese Burri- to Steamed Rice Vegetable of the Day Home Made Bread	6 Plant Protein Stew Steamed Rice Vegetable of the Day Home Made Bread	7 Home Style Veggie Shepherds Pie Vegetable of the Day Home Made Bread	8 Pasta W/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Home Made Bread
11 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread	12 Beyond Burger "meat" loaf Mashed Potato Vegetable of the day Home Made Bread.	13 Broccoli Alfredo Pasta Vegetable of the day Home Made Bread	14 Vegan California Meatballs with Sauce and Pasta Vegetable of the day Home Made Bread	15 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dressing Home Made Bread
18 Beyond Beef Taco Steamed Rice Vegetable of the day Salsa Soft Taco	19 Vegetarian Egg Bake Vegetable of the Day Home Made Bread	20 Mushroom Cacciatore Noodles Vegetable of the Day Home Made Bread	21 Plant Protein Veggie Stew Steamed Rice Vegetable of the Day Home Made Bread	22 American Mac and Cheese Vegetable of the Day Home Made Bread
25 Bean and Veggie Chili Steamed Rice Vegetable of the Day Home Made Cornbread	26 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread	27 Veggie Tomato Sauce Pasta Vegetable of the Day Home Made Bread	28 Vegetarian Egg Bake Vegetable of the Day Home Made Bread	29 Veggie Cutlet Parm Pasta with Pesto Sauce Vegetable of the day Home Made Bread

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

Menu subject to change



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