

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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
2 Veal Parm * 702 Penne with Red Sauce 103 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Pears 5 Cal 920 Carb 113 Sod 1089	3 Greek Chicken Stew 394 Wild Rice Pilaf 60 Broccoli 22 12 Grain Bread 200 Mandarin Oranges 7 Cal 550 Carb 84 Sod 808	4 Turkey & Gravy 402 Mashed Potatoes 33 Capri Blend 22 Dinner Roll 210 Tapioca Pudding ** 193 Cal 667 Carb 90 Sod 985	5 Sweet & Sour Meatballs 384 Buttered Noodles 8 Cauliflower 9 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 606 Carb 81 Sod 651	6 Chicken Fajita 262 Rice w/Beans 28 Peas 66 Tortilla Shell 190 Banana 1 Cal 754 Carb 113 Sod 672
9 HAPPY COLUMBUS DAY  Closed Cal 574 Carb 82 Sod 717	10 Orange Tarragon Chicken 292 Buttered Noodles 8 Red Cabbage 13 Whole Wheat Bread 120 Raisins 4 Cal 568 Carb 88 Sod 562	11 Yankee Pot Roast 104 Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Sliced Peaches 6 Cal 736 Carb 89 Sod 461	12 White Chicken Chili 261 Brown Rice 3 Stewed Tomatoes 101 Oat Nut Bread 150 Apricots 5 Cal 648 Carb 92 Sod 645	13 Salisbury Steak w/Gravy 440 Boiled Red Potatoes 4 Winter Blend 10 12 Grain Bread 200 Fresh Orange 0 Cal 568 Carb 81 Sod 779
16 Chicken Puttanesca 430 Mashed Potatoes 33 Monaco Vegetables 7 Whole Wheat Bread 120 Fresh Apple 2 Cal 574 Carb 82 Sod 717	17 Roast Pork w/Gravy 119 Mashed Sweet Potato 36 Succotash 41 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 725 Carb 98 So 481	18 Meatball Grinder 311 Buttered Penne 2 California Vegetables 17 6" Grinder roll 280 Applesauce 0 Cal 730 Carb 108 Sod 735	19 Chicken Divan 379 Boiled Gold Potatoes 4 Spinach 76 12 Grain Bread 200 Diced Pears 5 Cal 614 Carb 84 Sod 789	20 Tuna Salad Sandwich 399 Mulligatawny Soup 13 Sliced Carrots 43 Hot Dog Roll 180 Peach Crisp 11 Cal 639 Carb 71 Sod 771
23 Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Sliced Peaches 6 Cal 753 Carb 90 Sod 431	24 Cheese Lasagna Roll* 501 Cauliflower 11 Peas 66 Italian Bread 230 Fresh Pear 2 Cal 690 Carb 105 Sod 935	25 Cranberry Glaze Chicken Breast 227 Mashed Potatoes 33 Antiqua Vegetables 12 Whole Wheat Bread 120 Apricots 5 Cal 639 Carb 100 Sod 522	26 New Item Mexican Mac and Cheese 390 Black Beans and Corn 180 Broccoli Florets 22 12 Grain Bread 200 Applesauce 0 Cal 835 Carb 120 Sod 917	27 GLOBAL TABLE Asian Pork Soup 295 Steamed Rice 6 Snap Peas 3 Oat Nut Bread 150 Pineapple & Fortune Cookie 1 Cal 789 Carb 104 Sodiur 580
30 Chicken Cordon Bleu* 557 Mashed Potatoes 33 Butternut Squash 2 Dinner Roll 210 Sliced Pears 5 Cal 761 Carb 101 Sod 932	31 HALLOWEEN Ghoulash 94 Beets and Pearl Onions 185 Mixed Greens 149 12 Grain Bread 200 Fruited Orange Gelatin ** 44 Cal Carb Sod 797		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

Nutrition information provided is not exact but will help guide you. Menus are subject to change without notice.

Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available