



Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201				1 Chicken Picatta 262 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 591 Carb 85 Sod 669
4  NO MEAL DELIVERY TODAY	5 Sloppy Joes 91 Brown Rice 3 Brussel Sprouts w.cheese 74 Hamburger Bun 320 Fruit Cocktail 5 Cal 719 Carb 88 Sod 618	6 COLD MEAL Turkey Cranberry Salad 148 3 Bean Salad 199 Cold Spiced Beets 179 1/2 Pita Pocket 80 Sliced Peaches 6 Cal 623 Carb 81 Sod 737	7 Oriental Pork Casserole 230 Steamed Rice 6 Peas and Carrots 69 Whole Wheat Bread 120 Applesauce 0 Cal 630 Carb 83 Sod 550	8 Swedish Meatballs 298 Buttered Noodles 8 Mixed Vegetables 43 Rye Bread 10 Diced Pears 5 Cal 801 Carb 113 Sod 489
11 Roast Pork w/Gravy 119 Mashed Sweet Potatoes 36 Mixed Greens 149 Dinner Roll 210 Spiced Apples 11 Cal 676 Carb 90 Sod 650	12 Tortellini Primavera* 521 Broccoli 22 Harvard Beets 178 Italian Bread 230 Fresh Peach 0 Cal 678 Carb 112 Sod 1076	13 Stuffed Pepper Casserole 68 Italian Vegetables 40 Summer Squash 0 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 500 Carb 62 Sod 358	14 GLOBAL TABLE Spanish Chicken Stew 238 Peas 66 Coleslaw 169 12 Grain Bread 200 Arroz con Leche ** 49 Cal 809 Carb 92 Sod 847	15 Sliced Turkey w/Gravy 468 Mashed Potatoes 33 Cut Green Beans 2 Oat Nut Bread 150 Apricots 5 Cal 571 Carb 82 Sod 783
18 Beef Stew 72 Mashed Potatoes 33 Asparagus 4 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 787 Carb 87 Sod 394	19 Chicken Puttanesca 331 Sliced Red Potatoes 4 Spinach 76 12 Grain Bread 200 Fresh Orange 0 Cal 557 Carb 77 Sod 736	20 Butternut Macaroni & Cheese 373 Chunky Tomato Soup 262 Broccoli 22 Whole Wheat Bread 120 Sliced Pears 5 Cal 589 Carb 76 Sod 907	21 Cheese Omlette 312 Sausage Links 217 O Brien Potatoes 7 Mixed Vegetables 43 1/2 Grain Biscuit 220 Sliced Peaches 6 Cal 774 Carb 83 Sod 930	22 Glazed Ham * 604 Scalloped Potatoes 20 French Green Beans 3 Oat Nut Bread 150 Mandarin Oranges 7 Cal 537 Carb 88 Sod 909
25 New item Chicken Kiev 553 Garlic Mashed Potatoes 33 California Blend 17 Dinner Roll 210 Mixed Fruit 10 Cal 708 Carb 93 Sod 948	26 Teriyaki Beef & Broccoli 411 Steamed White Rice 6 Snap Peas 3 Whole Wheat Bread 120 Fresh Apple 2 Cal 694 Carb 85 Sod 667	27 Salmon Newburg 391 Boiled Red Potatoes 4 Spinach 76 12 Grain Bread 200 Applesauce 0 Cal 550 Carb 71 Sod 796	28 Cheese Lasagna Roll 370 Broccoli 22 Wax Beans 2 Italian Bread 230 Fresh Pear 2 Cal 521 Carb 92 Sod 751	29 Lemon Dill Chicken 227 Mashed Potatoes 33 Lyonnaise Carrots 74 Whole Wheat Bread 120 Sliced Peaches 6 Cal 579 Carb 80 Sod 585

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.
Menu subject to change without notice.