

Elder Services of Berkshire County - Nutrition Program

NOVEMBER 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
	Menu subject to change without notice.	1 Beef Stew 72 Boiled Red Potatoes 4 Broccoli & Cauliflower 15 Whole Wheat Bread 120 Raisins 4 <i>Cal 719 Carb 86 Sod 340</i>	2 White Chicken Chili 261 Steamed Brown Rice 3 Monaco Vegetables 7 Corn Bread 210 Fresh Apple 2 <i>Cal 746 Carb 103 Sod 608</i>	3 Swedish Meatballs 298 Buttered Noodles 8 Steamed Red Cabbage 13 12 Grain Bread 200 Sliced Peaches 6 <i>Cal 709 Carb 95 Sod 650</i>
6 Salmon Newberg Sauce 391 O'Brien Potatoes 7 Antiqua Vegetables 12 Oat Nut Bread 150 Apricots 5 <i>Cal 607 Carb 83 Sod 690</i>	7 Chicken on a Biscuit * 545 Asparagus Cuts 4 Warm Fruit Compote 7 <i>Cal 716 Carb 99 Sod 681</i>	8 Italian Meatballs & Ziti 311 Italian Green Beans 3 12 Grain Bread 200 Fruit Cocktail 5 <i>Cal 638 Carb 91 Sod 644</i>	9 Chicken Picatta 362 Autumn Harvest Soup 54 Boiled Red Potatoes 4 Whole Wheat Bread 120 Fresh Pear 2 <i>Cal 529 Carb 74 Sod 667</i>	10 HAPPY VETERAN'S DAY  No Meals Today
13 Italian Sausage in Red Sauce* 940 Buttered Noodles 11 Peas and Carrots 69 6" Grinder Roll 280 Applesauce 0 <i>Cal 726 Carb 103 Sod 1425</i>	14 Chicken Almondine 233 Boiled Gold Potatoes 4 Winter Blend Vegetables 10 Whole Wheat Bread 120 Mixed Fruit 10 <i>Cal 514 Carb 68 Sod 502</i>	15 Sweet & Sour Pork 490 Steamed Rice 6 Wax Beans 2 Oat Bread 150 Pineapple Tidbits 1 <i>Cal 667 Carb 102 Sod 774</i>	16 Thanksgiving Meal Sliced Turkey & Gravy 402 Mashed Potatoes 33 Carrot, Parsnips & Butternut 47 Snowflake Roll 250 Pumpkin Pie ** 300 <i>Cal 903 Carb 132 Sod 1157</i>	17 Beef Stroganoff 79 Buttered Noodles 8 Green Beans 2 12 Grain Bread 200 Banana <i>Cal 784 Carb 91 Sod 414</i>
20 Orange Chicken 229 Boiled Red Potatoes 4 Capri Blend Vegetables 22 Oat Nut Bread 150 Sliced Pears 5 <i>Cal 581 Carb 84 Sod 535</i>	21 Butternut Mac & Cheese 373 Stewed Tomatoes 101 5 Way Veggie Blend 38 Italian Bread 230 Fresh Orange 0 <i>Cal 617 Carb 83 Sod 867</i>	22 Beef with Peppers & Onions 328 Sliced Potatoes 4 Peas 66 Whole Wheat Bread 120 Apricots 5 <i>Cal 675 Carb 74 Sod 648</i>	23 HAPPY THANKSGIVING  No Meals Today	24 Fish Sandwich w/Tomato Slice 302 Cole Slaw 169 Brussel Sprouts 14 Hamburger Bun 320 Peach Crisp 11 <i>Cal 883 Carb 89 Sod 941</i>
27 Beef Cabbage Casserole 87 Butternut Squash Soup 24 Wax beans 2 Whole Wheat Bread 120 Vanilla Yogurt 50 <i>Cal 553 Carb 68 Sod 408</i>	28 Moroccan Beef Stew 170 Israeli Couscous 52 Lyonnaise Carrots 74 Oat Nut Bread 150 Fresh Apple 2 <i>Cal 1001 Carb 141 Sod 573</i>	29 Chicken Marsala 281 Mashed Sweet Potatoes 36 Italian Green Beans 3 12 Grain Bread 200 Diced Pears 10 <i>Cal 553 Carb 86 Sod 655</i>	30 Veal Parmesan* 752 Penne w/Marinara 53 Peas and Pearl Onions 43 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 880 Carb 107 Sod 1100</i>	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

***High Sodium **Modifications for restricted sugar available**

Calories and sodium from salad dressings, margarine, crackers and condiments : Nutrition information provided is not exact but will help guide you.