

October 2023 Vegetarian Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dressing Home Made Bread	3 Bean & Cheese Burrito Steamed Rice Vegetable of the Day Home Made Bread	4 Plant Protein Stew Steamed Rice Vegetable of the Day Home Made Bread	5 Home Style Veggie Shepherds Pie Vegetable of the Day Home Made Bread .	6 Pasta W/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Home Made Bread
9 Holiday No Meal 	10 Beyond Burger "meat" loaf Mashed Potato Vegetable of the day Home Made Bread.	11 Broccoli Alfredo Pasta Vegetable of the day Home Made Bread	12 Vegan California Meatballs with Sauce and Pasta Vegetable of the day Home Made Bread	13 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dressing Home Made Bread
16 Beyond Beef Taco Steamed Rice Vegetable of the day Salsa Soft Taco	17 Vegetarian Egg Bake Vegetable of the Day Home Made Bread	18 Mushroom Cacciatore Noodles Vegetable of the Day Home Made Bread	19 Plant Protein Veggie Stew Steamed Rice Vegetable of the Day Home Made Bread	20 American Mac and Cheese Vegetable of the Day Home Made Bread
23 Bean and Veggie Chili Steamed Rice Vegetable of the Day Home Made Cornbread	24 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread	25 Veggie Tomato Sauce Pasta Vegetable of the Day Home Made Bread	26 Vegetarian Egg Bake Vegetable of the Day Home Made Bread	27 Veggie Cutlet Parm Pasta with Pesto Sauce Vegetable of the day Home Made Bread
30 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dressing Home Made Bread	31 Bean & Cheese Burrito Steamed Rice Vegetable of the Day Home Made Bread	What was Humpty Dumpty's favorite month? October because he had a great fall.		

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 guide .



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