

Elder Services of Berkshire County - Nutrition Program

FEBRUARY 2024

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 |
|--|---|---|---|---|
| |  |  | 1 Chicken Puttanesca 431 Buttered Noodles 11 Zucchini 2 Oat Nut Bread 150 Mandarin Oranges 7 Cal 601 Carb 82 Sod 726 | 2 Moroccan Beef Stew 170 Israeli Couscous 8 Asparagus Cuts 4 12-Grain Bread 200 Fresh Apple 2 Cal 752 Carb 101 Sod 509 |
| 5 | 6 | 7 | 8 | 9 Chinese New Year |
| Pork w/apple raisin 52 Au gratin potatoes 96 Corn 15 WG White Bread 120 Fresh Orange 0 Cal 661 Carb 78 Sod 408 | Beef Burgandy 68 Buttered Noodles 8 Carrots Parsnips Turnips 47 Whole Wheat Bread 120 Yogurt 50 Cal 770 Carb 91 Sod 418 | Chix Mexican Casserole 369 Lime Cilantro Rice 20 Peas and Mushrooms 180 Tortilla 190 Sliced Peaches 6 Cal 764 Carb 100 Sod 890 | Butternut Mac & Cheese 373 Beef Barley Soup 45 French Cut Green Beans 3 Dinner Roll 210 Spiced Apples 11 Cal 702 Carb 88 Sod 767 | Oriental Chicken 365 Steamed Brown Rice 3 Broccoli 22 Chow Mein Noodles 263 Pineapple 1 Cal 670 Carb 91 Sod 779 |
| 12 New Item | 13 MARDI GRAS | 14 Valentine's Day | 15 | 16 |
| Cheese, Bacon & Egg Bites * 634 Tomato Medley 113 O'Brien Potatoes 7 Whole Wheat Bread 120 Apricot Halves 5 Cal 652 Carb 76 Sod 1004 | Chicken & Sausage Jambalaya 426 Spanish Rice 14 Mardi Gras Greens 92 Mini Cornbread Loaf 179 Cupcake ** 170 Cal 938 Carb 122 Sod 1006 | ASH WED Lasagna Roll 370 Mushroom Barley Soup 46 Snowflake Roll 250 Warm Fruit Compote 9 Cal 669 Carb 122 Sod 800 | Breaded Chicken & Gravy * 580 Mashed Potatoes 33 Brussel Sprouts 14 Dinner Roll 210 Strawberry Cup 0 Cal 734 Carb 106 Sod 962 | Vegetarian Wheat Chili * 519 Eggplant Parm 349 Lima Beans 59 12 Grain Bread 200 Sliced Pears 5 Cal 791 Carb 119 Sod 1257 |
| 19 | 20 | 21 | 22 | 23 |
|  President's Day No Meal Delivery Today | Shepard's Pie 75 Mashed Potatoes 33 California Blend 17 12 Grain Bread 200 Mixed Fruit Cup 6 Cal 705 Carb 92 Sod 456 | Spanish Chicken Stew 238 Rice w/Orzo 6 Green Beans 2 Tortilla 190 Mangos 0 Cal 546 Carb 81 Sod 561 | Chuckwagon Stew 408 Buttered Noodles 11 Broccoli Florets 22 100% Whole Wheat Bread 120 Applesauce 0 Cal 744 Carb 83 Sod 686 | Breaded Pollock 302 Mulligatawny Soup 121 Monaco Veggie Blend 7 Italian Bread 230 Fresh Orange 0 Cal 624 Carb 77 Sod 785 |
| 26 | 27 | 28 | 29 | |
| Chicken with Orange Cranberry Glaze 331 Boiled Potatoes 4 Peas & Pearl Onions 34 Oat Nut Bread 150 Pineapple Tidbits 1 Cal 700 Carb 112 Sod 645 | Veal Scallopini 468 Potato Leek Soup 23 Carrots 43 Italian Bread 230 Fruit Crisp 11 Cal 711 Carb 88 Sod 900 | Sliced Turkey & Gravy 402 SC & Chive Mashed 32 Snow Peas 3 Dinner Roll 210 Banana 1 Cal 497 Carb 68 Sod 773 | Sloppy Joe on a Bun 91 Steamed Brown Rice 3 Winter Blend 10 Hamburger Bun 320 Sliced Peaches 6 Cal 671 Carb 87 Sod 555 | 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 are not included.

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