




# Elder Services of Berkshire County - Nutrition Program

## JANUARY 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		
<b>1</b>		<b>2</b>	Chicken Strips	324	Breaded Pollock Loin	302	Eggplant Parmesan	450	Chicken w/Gravy	327				
			Pasta Alfredo	376	Steamed Brown Rice	3	Buttered Noodles	11	Mashed Potatoes	33				
			Broccoli Florets	22	Mixed Greens	149	Winter Blend Vegetables	10	Green Beans	3				
			Whole Wheat Bread	120	12 Grain Bread	200	Whole Wheat Bread	120	Dinner Roll	210				
			Fruit Crisp	11	Fresh Orange	0	Sliced Peaches	6	Apricot Halves	5				
	<b>No Meal Delivery Today</b>	Cal 721	Carb 102	Sod 978	Cal 720	Carb 93	Sod 779	Cal 730	Carb 101	Sod 722	Cal 604	Carb 84	Sod 703	
<b>8</b>	Beef & Cabbage Casserole	87	Lentil Stew	104	Chicken on a Biscuit	105	<b>Swedish Meatballs *</b>	544	<b>Pork Chili *</b>	518				
	Wax Beans	2	Steamed Brown Rice	3	Buttered Noodles	11	Gold Potatoes	4	Barley	5				
	Peas and Carrots	69	Butternut Squash	2	Broccoli Florets	22	Brussel Sprouts	14	Mixed Root Vegetables	37				
	Whole Wheat Bread	120	Oat Nut Bread	150	Whole Grain Biscuit	220	12 Grain Bread	200	Corn Bread	210				
	Sliced Pears	5	Diced Mangos	0	<b>Lemon Pudding **</b>	77	Fresh Apple	2	Mixed Fruit	10				
Cal 542	Carb 68	Sod 408	Cal 608	Carb 121	Sod 384	Cal 662	Carb 73	Sod 560	Cal 720	Carb 95	Sod 889	Cal 712	Carb 101	Sod 905
<b>15</b>		<b>16</b>	Roast Pork w/gravy	119	Butternut Mac & Cheese	373	Chicken w/Apple Raisin Gravy	323	<b>Global Table</b>					
			Sweet Potato	30	Tomato Soup	262	Mashed Potatoes	33	Oriental Beef	351				
			Boiled Cabbage	6	Tuscany Blend Vegetables	35	Asparagus	4	White Rice	6				
			Whole Wheat Bread	120	Oat Nut Bread	150	Dinner Roll	210	Carrots	43				
			Applesauce	0	Sliced Peaches	6	<b>Chocolate Chip Cookie **</b>	100	2 Fortune Cookies	0				
	<b>No Meal Delivery Today</b>	Cal 559	Carb 68	Sod 400	Cal 646	Carb 87	Sod 951	Cal 717	Carb 92	Sod 795	Cal 581	Carb 90	Sod 526	
<b>22</b>	Chicken Curry	144	Cheese Lasagna	476	Chicken Caccitore	437	Beef Stroganoff	79	Meatloaf & Gravy	287				
	Coconut Rice	6	Mixed Greens	149	Wild Rice Pilaf	60	Buttered Noodles	11	Lyonnais Potatoes	7				
	Minted Green Beans	6	Minestrone Soup	63	Peas and Pearl Onions	34	Mixed Vegetables	53	Sliced Beets	185				
	Pita Bread (1/2)	80	Whole Wheat Bread	120	12 Grain Bread	200	Rye Bread	260	Dinner Roll	210				
	Apricot Halves	5	Spiced Apples	11	Banana	1	Sliced Pears	5	Mandarin Oranges	7				
Cal 822	Carb 84	Sod 366	Cal 680	Carb 97	Sod 944	Cal 636	Carb 101	Sod 857	Cal 787	Carb 94	Sod 533	Cal 779	Carb 93	Sod 821
<b>29</b>	Penne with Bolognese Sauce	142	Chicken A La King	89	Shepherd's Pie	75	<b>HOT LINE</b>							
	Capri Blend	22	Rice Pilaf	11	Mashed Potatoes	33	If you will not be home when your meal is delivered please call our Nutrition Hotline at							
	Italian Bread	230	Winter Blend Vegetables	10	Spinach	76	Nutrition Hotline at							
	Peach Crisp	44	Buttermilk Biscuit	310	Whole Wheat Bread	120	<b>1-800-981-5201</b>							
Cal 741	Carb 116	Sod 563	Cal 649	Carb 85	Sod 550	Cal 651	Carb 76	Sod 434						

**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.