

Elder Services of Berkshire County - Nutrition Program

MARCH 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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201				1 Butternut Mac & Cheese 373 Stewed Tomatoes 101 Green Beans 3 Whole Wheat Bread 120 Craisins 2 Cal 610 Carb 82 Sod 724
				4 Salisbury Steak 362 Mashed Potatoes 33 Lyonnaise Carrots 74 12 Grain Bread 200 Mandarin Oranges 7 Cal 667 Carb 85 Sod 801
11 Oriental Pork Casserole 230 White Rice 6 Brussel Sprouts 14 Oat Nut Bread 150 Spiced Apples 11 Cal 705 Carb 97 Sod 536	12 Chicken Caccitore 241 Buttered Noodles 11 Carrots 43 12 Grain Bread 200 Tropical Fruit Mix 10 Cal 633 Carb 88 Sod 630	13 Calico Beans & Sausage 469 Steamed Brown Rice 3 Yellow Squash 3 Whole Wheat Bread 120 Apricots 5 Cal 698 Carb 82 Sod 725	14 ST. PATTY'S DAY Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 13 Rye Bread 260 Green Gelatin w/Pears ** 95 Cal 631 Carb 81 Sod 1060	15 Lemon Dill Salmon 72 Israeli Couscous 8 Asparagus 4 Dinner Roll 210 Applesauce 0 Cal 544 Carb 76 Sod 419
18 Beef Chili 234 Brown Rice 3 Mixed Greens 149 Mini Cornbread 179 Raisins 2 Cal 748 Carb 101 Sod 692	19 Orange Tarragon Chix 292 Mashed Potatoes 33 Mixed Vegetables 133 Oat Nut Bread 150 Sliced Peaches 6 Cal 783 Carb 119 Sod 739	20 Yankee Pot Roast 316 Mashed Sweet Potato 30 Italian Beans 3 WG Biscuit 310 Banana 1 Cal 795 Carb 102 Sod 785	21 Hungarian Skillet* 501 Scalloped Potatoes 20 Spring Blend Veg 62 12 Grain Bread 200 Fresh Apple 2 Cal 680 Carb 102 Sod 910	22 Egg Salad 258 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 6 Cal 817 Carb 102 Sod 961
25 Chicken Piccatta 362 Buttered Noodles 11 Sonoma Blend Veg 20 Whole Wheat Bread 160 Diced Mangoes 0 Cal 581 Carb 82 Sod 678	26 Chix Meatballs 216 Pasta w/ Tomato Sauce 314 Broccoli 22 Italian Bread 230 Mixed Fruit 10 Cal 640 Carb 90 Sod 917	27 Beef Stew 72 Mashed Potatoes 31 Scandinavian Vegetables 59 12 Grain Bread 200 Orange 0 Cal 685 Carb 81 Sod 487	28 SPRING DINNER LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 260 Choco. Pudding Cup** 430 Cal 729 Carb 114 Sod 1300	29 GOOD FRIDAY Herb Baked Fish 220 Confetti Rice 15 Green & Wax Beans 3 Oat Nut Bread 150 Strawberry Cup 0 Cal 670 Carb 104 Sod 513

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.