

Elder Services of Berkshire County - Nutrition Program

APRIL 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	Pork Chili*	518			2	Sliced Turkey & Gravy	402			3	Beef Cabbage Casserole	87			4	Turkey Sausage, Pep & Onions*	849			5	Eggplant Parm w/marinara	584		
	Brown Rice	3				Mashed Potatoes	33				Green Beans	2				Buttered Noodles	8				Parmesan Risotto	45		
	Asparagus	4				Glazed Carrots	47				Squash & Red Peppers	6				California Veggie Blend	17				Brussel Sprouts	14		
	Corn Bread	179				Dinner Roll	210				Oatnut Bread	150				Grinder Roll	280				Whole Wheat Bread	120		
	Diced Pears	5				Spiced Apples	11				Mixed Fruit	10				Dried Cranberries	2				Orange	0		
Cal	666	Carb	91	Sod	834	Cal	604	Carb	86	Sod	828	Cal	578	Carb	73	Sod	380	Cal	695	Carb	109	Sod	1281	
8	Beef Stroganoff	79			9	Chicken Almondine	226			10	COLD MEAL					11	Chix Meatballs w/Marinara	311			12	Salmon w/ Newberg Sauce	391	
	Buttered Noodles	8				Boiled Potatoes	4				Tuna on Bed of Lettuce	259				Rotini Pasta	3				Mashed Sweet Pototes	30		
	Coleslaw	169				Peas & Onions	69				Chickpea Tomato Salad	370				Monaco Vegetable Blend	7				Green Beans	2		
	Dinner Roll	210				Oatnut Bread	150				Cold Spiced Beets	179				12 Grain Bread	200				Rye Bread	10		
	Fruit Crisp	11				Blueberry Yogurt **	75				Hot Dog Bun	180				Diced Mangoes	0				Fruit Cocktail	5		
Cal	920	Carb	94	Sod	602	Cal	611	Carb	86	Sod	649	Cal	602	Carb	88	Sod	1114	Cal	748	Carb	116	Sod	646	
15	 Patriot Day				16	Beef Teriyaki w/Broccoli	411			17	Chicken Bruschetta	465			18	Pork Roast w/Gravy	119			19	Homemade Meatloaf	287		
						Steamed Rice	6				Buttered Noodles	8				Sweet Potatoes	36				Mashed Potatoes	33		
						Oriental Vegetables	0				Mixed Greens	149				Mixed Veg	43				Broccoli Florets	22		
						2 Fortune Cookies	0				Italian Bread	230				Whole Wheat Bread	160				Whole Wheat Bread	120		
						Pineapple & Mandarin	4				Applesauce	0				Apricots	5				Sliced Peaches	6		
						Cal	668	Carb	80	Sod	546	Cal	599	Carb	80	Sod	977	Cal	654	Carb	87	Sod	488	
						No Meal Delivery Today																		
22	Chicken Curry	77			23	Beef Stew	72			24	Salisbury Steak	410			25	Butternut Mac & Cheese	373			26	Chicken a la King	133		
	Coconut Rice	6				Warm Barley	5				Mashed Potato	33				Chunky Tomato Soup	262				Brown Rice Pilaf	8		
	Sliced Carrots	43				Mixed Greens	149				Cauliflower w/ Pimientos	17				Cut Green Beans	2				Summer Squash	0		
	12 Grain Bread	200				Dinner Roll	210				Rye Bread	193				Oatnut Bread	150				Whole Wheat Bread	120		
	Sliced Peaches	6				Fresh Apple	2				Strawberry Cup	0				Sliced Pears	5				Tropical Fruit Mix	10		
Cal	660	Carb	90	Sod	457	Cal	739	Carb	95	Sod	563	Cal	740	Carb	88	Sod	778	Cal	643	Carb	86	Sod	917	
29	Sloppy Joe	91			30	Chicken w/gravy	227			HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201														
	Parsley Buttered Potatoes	28				Herbed Stuffing	485																	
	Lyonnaisse Carrots	74				Butternut Squash	34																	
	Hamburger Bun	320				Whole Wheat Bread	120																	
	Apricots	5				Melon Cup	15																	
Cal	726	Carb	91	Sod	643	Cal	492	Carb	68	Sod	1006													

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.