

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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		2		3		4	
		Greek Chicken Stew * 595 Lemon Rice 13 Summer Squash w/peppers 6 12 Grain Bread 200 Mandarin Oranges 7 Cal 621 Carb 91 Sod 946	Turkey w/Gravy 402 Mashed Potatoes 33 Capri Blend 22 Oat Nut Bread 150 Tapioca Pudding ** 193 Cal 687 Carb 92 Sod 925	Chicken Scallopini 234 Buttered Noodles 8 Peas & Carrots 51 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 535 Carb 76 Sod 543	Beef Fajita 371 w/Onions & Peppers 28 Rice w/Beans 14 Cauliflower 173 Tortilla Shell 5 Apricots 716 Cal 712 Carb 86 Sod 716				
7		8		9		10		11	
Chicken Puttanesca 430 Warm Barley 5 Monaco Vegetables 7 Italian Bread 230 Fresh Apple 2 Cal 512 Carb 81 Sod 799	Beef & Cabbage Casserole 88 Butternut Squash 34 Broccoli Florets 22 Whole Wheat Bread 120 Raisins 4 Cal 645 Carb 88 Sod 393	Chuckwagon Stew 395 Buttered Noodles 8 Sliced Carrots 43 Oat Nut Bread 150 Sliced Peaches 6 Cal 742 Carb 98 Sod 727	Mexican Mac & Cheese* 639 Fiesta Corn 11 Summer Blend 24 WG White Bread 120 Pineapple 1 Cal 738 Carb 91 Sod 920	Yankee Pot Roast 347 Mashed Potato 33 Winter Blend 10 12 Grain Bread 200 Fresh Apple 2 Cal 753 Carb 94 Sod 717					
14	 Happy Columbus Day No Meal Delivery Today	15		16		17		18	
	Chicken Marsala 278 Boiled Potatoes 15 Spinach 76 12 Grain Bread 200 Orange 0 Cal 694 Carb 72 Sod 694	Meatball Grinder 311 Buttered Noodles 8 California Vegetables 17 6" Grinder roll 280 Applesauce 0 Cal 716 Carb 105 Sod 741	Roast Pork w/Gravy 79 Mashed Sweet Potatoes 36 Succotash 41 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 725 Carb 98 Sod 441	Tuna Salad Sandwich 399 Minestrone Soup 63 Sliced Carrots 43 Hot Dog Roll 180 Peach Crisp 11 Cal 670 Carb 76 Sod 821					
21		22		23		24		25	
Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Sliced Peaches 6 Cal 748 Carb 90 Sod 431	Cheese Lasagna Roll 431 Cauliflower w/Pimento 17 Peas 66 Italian Bread 230 Diced Pears 10 Cal 626 Carb 100 Sod 879	Cranberry Glaze on Chicken Breast 227 Mashed Potatoes 33 Antiqua Vegetables 12 Whole Wheat Bread 120 Apricots 5 Cal 644 Carb 100 Sod 522	White Chicken Chili 261 Steamed Brown Rice 3 Monaco Vegetables 7 Corn Bread 179 Banana 1 Cal 743 Carb 106 Sod 576	Sloppy Joes 105 Potato Puffs 240 Asparagus 4 Hamburger Bun 320 Spiced Apples 11 Cal 805 Carb 95 Sod 805					
28		29		30		31			
Teriyaki Beef w/Broccoli 411 Steamed Rice 6 Snap Peas 3 Oat Nut Bread 150 Pineapple & Fortune Cookie 1 Cal 776 Carb 100 Sod 696	Chicken Cordon Royale* 550 Mashed Potatoes w/ gravy 40 Carrots 43 Dinner Roll 210 Mango 0 Cal 727 Carb 94 Sod 968	Beef Stew 72 Buttered Boiled Potatoes 15 5 Way Blend 38 Whole Wheat Bread 120 Raisins 4 Cal 726 Carb 88 Sod 374	HALLOWEEN Ghoulish 94 Beets & Pearl Onions 7 Green Beans Almondine 3 12 Grain Bread 200 Fruited Orange Gelatin ** 95 Cal 731 Carb 95 Sod 524	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.