




# Elder Services of Berkshire County - Nutrition Program

# NOVEMBER 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
<p><b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b></p>				<p><b>1</b></p> <p><b>Swedish Meatballs *</b> 544 Buttered Noodles 8 Autumn Harvest Soup 49 White Bread 120 Sliced Peaches 6 <i>Cal 675 Carb 88 Sod 852</i></p>
<p><b>4</b></p> <p>Salmon Newberg Sauce 391 Wild Rice Pilaf 60 Antiqua Vegetables 12 Oat Nut Bread 150 Apricots 5 <i>Cal 570 Carb 84 Sod 743</i></p>		<p><b>5</b></p> <p>Chicken Pot Pie 105 Asparagus Cuts 4 Biscuit 310 Warm Fruit Compote 7 <i>Cal 706 Carb 96 Sod 551</i></p>	<p><b>6</b></p> <p>Italian Meatballs &amp; Ziti 311 Italian Green Beans 3 Italian Bread 230 Fruit Cocktail 5 <i>Cal 608 Carb 86 Sod 674</i></p>	<p><b>7</b></p> <p>Chicken Picatta 362 Boiled Potatoes 15 Cream of Broccoli Soup 37 Whole Wheat Bread 120 Applesauce 0 <i>Cal 627 Carb 84 Sod 659</i></p>
<p><b>11</b></p>  <p><b>No Meal Delivery Today</b></p>	<p><b>12</b></p> <p>Chicken Almondine 233 Boiled Potatoes 15 Winter Blend Vegetables 10 Italian Bread 230 Mixed Fruit 10 <i>Cal 515 Carb 68 Sod 623</i></p>	<p><b>13</b></p> <p>BBQ Pulled Pork 312 Mashed Potatoes 33 Carrot Raisin Slaw 160 Hot Dog Roll 320 Peach Crisp 38 <i>Cal 942 Carb 121 Sod 988</i></p>	<p><b>14</b></p> <p><b>Veal Parmesan*</b> 702 Penne w/Marinara 53 Yellow Squash 0 Whole Wheat Bread 120 Banana 1 <i>Cal 863 Carb 106 Sod 1001</i></p>	<p><b>15</b></p> <p>Beef Stroganoff 79 Buttered Noodles 8 Beets and Pearl Onions 7 12 Grain Bread 200 Mandarin Oranges 1 <i>Cal 628 Carb 67 Sod 420</i></p>
<p><b>18</b></p> <p>Orange Chicken 229 Israeli Couscous 5 Capri Blend Vegetables 22 Oat Nut Bread 150 Diced Pears 5 <i>Cal 579 Carb 88 Sod 536</i></p>	<p><b>19</b></p> <p><b>Macaroni &amp; Cheese*</b> 663 Stewed Tomatoes 148 Mixed 5 Vegetables 38 Whole Wheat Bread 120 Apple 2 <i>Cal 607 Carb 80 Sod 1096</i></p>	<p><b>20</b></p> <p>Beef w/Pepper &amp; Onion 328 Augratin Potatoes 142 Antigua Vegetables 12 Rye Bread 260 Raisins 4 <i>Cal 708 Carb 86 Sod 871</i></p>	<p><b>21</b> <b>Thanksgiving Meal</b></p> <p>Sliced Turkey &amp; Gravy 402 Mashed Potatoes 33 Carrot, Parsnips &amp; Butternut 47 Snowflake Roll 260 <b>Pumpkin Pie **</b> 300 <i>Cal 903 Carb 133 Sod 1167</i></p>	<p><b>22</b></p> <p>Stuffed Shells w/sauce 461 Brussel Sprouts 14 Green &amp; Wax Beans 3 Italian Bread 230 Sliced Peaches 6 <i>Cal 607 Carb 92 Sod 839</i></p>
<p><b>25</b></p> <p>Beef Cabbage Casserole 88 Butternut Squash Soup 56 Broccoli Florets 22 Whole Wheat Bread 120 Pineapple Tidbits 1 <i>Cal 585 Carb 78 Sod 412</i></p>	<p><b>26</b></p> <p>Moroccan Beef Stew 169 Warm Barley 5 Lyonnais Carrots 74 Oat Nut Bread 150 Apricots 5 <i>Cal 707 Carb 92 Sod 528</i></p>	<p><b>27</b></p> <p>Chicken Marsala 281 Mashed Sweet Potatoes 36 Green Beans 2 12 Grain Bread 200 Mangos 0 <i>Cal 533 Carb 87 Sod 644</i></p>	<p><b>28</b></p>  <p>Happy Thanksgiving <b>No Meal Delivery Today</b></p>	<p><b>29</b></p> <p>Oriental Pork Casserole 230 Brown Rice 3 Asparagus Cuts 4 Dinner Roll 210 Applesauce 0 <i>Cal 626 Carb 79 Sod 572</i></p>

**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.