

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****MARCH ELDER SERVICE VEGETARIAN MENU****1***Pasta W/ Tomato Sauce**Beyond Sausage Link**Vegetable of the Day**Home Made Bread***4***Baked Veggie Burger
Roasted Potato
Vegetable of the day
Home Made Bread***5***Beyond Burger
"meat" loaf
Mashed Potato
Vegetable of the day
Home Made Bread.***6***Broccoli Alfredo
Pasta
Vegetable of the day
Home Made Bread***7***Vegan California
Meatballs with Sauce
and Pasta
Vegetable of the day
Home Made Bread***8***Chick Pea Salad
Hard Boiled Eggs
Garden Salad
Home made Salad Dressing
Home Made Bread***11***Beyond Beef Taco
Steamed Rice
Vegetable of the Day
Salso
Soft Taco***12***Vegetarian Egg Bake
Vegetable of the Day
Home Made Bread***13***Mushroom Cacciatore
Noodles
Vegetable of the Day
Home Made Bread***14***Plant Protein Veggie
Stew
Steamed Rice
Vegetable of the Day
Home Made Bread***15***American Mac and Cheese
Vegetable of the Day
Home Made Bread***18***Bean and Veggie Chili
Steamed Rice
Vegetable of the Day
Home Made Cornbread***19***Baked Veggie Burger
Roasted Potato
Vegetable of the day
Home Made Bread***20***Veggie Tomato Sauce
Pasta
Vegetable of the Day
Home Made Bread***21***Vegetarian Egg Bake
Vegetable of the Day
Home Made Bread***22***Veggie Cutlet Parm
Pasta with Pesto Sauce
Vegetable of the day
Home Made Bread***25***Chick Pea Salad
Hard Boiled Eggs
Garden Salad
Home made Salad Dressing
Home Made Bread***26***Bean & Cheese Burrito
Steamed Rice
Vegetable of the Day
Home Made Bread***27***Plant Protein Stew
Steamed Rice
Vegetable of the Day
Home Made Bread***28***Home Style Veggie
Shepherds Pie
Vegetable of the Day
Home Made Bread***29***Pasta W/ Tomato Sauce
Beyond Sausage Link
Vegetable of the Day
Home Made Bread*

Seniors 60 years of age or older - Suggested donation \$3.00. All contributions are returned to the community toward the cost of nutrition programs and services. 700-800 calories/meal 1000-1500mg sodium/meal Fat Content NOT TO EXCEED 30-35% All meals include soy milk - Calories and sodium from dressing not included. Nutrition information provided is not exact but will help guide .



Elder Services
of Berkshire County, Inc.
BERKSHIRE COUNTY
SHERIFF
Vegetarian Meal Delivery For Seniors