

**A
P
R
I
L

2
0
2
4**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread</p>	<p>2 Beyond Burger "meat" loaf Mashed Potato Vegetable of the day Home Made Bread.</p>	<p>3 Broccoli Alfredo Pasta Vegetable of the day Home Made Bread</p>	<p>4 Vegan California Meatballs with Sauce and Pasta Vegetable of the day Home Made Bread</p>	<p>5 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dressing Home Made Bread</p>
<p>8 Beyond Beef Taco Steamed Rice Vegetable of the Day Salsa Soft Taco</p>	<p>9 Vegetarian Egg Bake Vegetable of the Day Home Made Bread</p>	<p>10 Mushroom Cacciatore Noodles Vegetable of the Day Home Made Bread</p>	<p>11 Plant Protein Veggie Stew Steamed Rice Vegetable of the Day Home Made Bread</p>	<p>12 American Mac and Cheese Vegetable of the Day Home Made Bread</p>
<p>15 Patriots Day Holiday No Meal</p>	<p>16 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread</p>	<p>17 Veggie Tomato Sauce Pasta Vegetable of the Day Home Made Bread</p>	<p>18 Vegetarian Egg Bake Vegetable of the Day Home Made Bread</p>	<p>19 Veggie Cutlet Parm Pasta with Pesto Sauce Vegetable of the day Home Made Bread</p>
<p>22 Chick Pea Salad Hard Boiled Eggs Garden Salad Home made Salad Dress- ing Home Made Bread</p>	<p>23 Bean & Cheese Burri- to Steamed Rice Vegetable of the Day Home Made Bread</p>	<p>24 Plant Protein Stew Steamed Rice Vegetable of the Day Home Made Bread</p>	<p>25 Home Style Veggie Shepherds Pie Vegetable of the Day Home Made Bread</p>	<p>26 Pasta W/ Tomato Sauce Beyond Sausage Link Vegetable of the Day Home Made Bread</p>
<p>29 Baked Veggie Burger Roasted Potato Vegetable of the day Home Made Bread</p>	<p>30 Beyond Burger "meat" loaf Mashed Potato Vegetable of the day Home Made Bread.</p>			

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