

Elder Services of Berkshire County - Nutrition Program

MARCH 2025

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	
3	Salisbury Steak & Gravy 362 Mashed Potatoes 33 Lyonnais Carrots 74 12 Grain Bread 200 Mandarin Oranges 7 Cal 660 Carb 85 Sod 801	4 MARDI GRAS Chix & Sausage Jambalaya * 661 Spanish Rice 14 Mardi Gras Greens 69 Mini Cornbread Loaf 179 Cupcake ** 170 Cal 923 Carb 111 Sod 1218	5 ASH WEDNESDAY Lasagna Roll 330 Mushroom Barley Soup 44 Dinner Roll 210 Warm Fruit Compote 6 Cal 589 Carb 97 Sod 715	6 Chicken Divan 386 Buttered Orzo 32 Green Beans 2 Oat Nut Bread 150 Diced Pears 10 Cal 695 Carb 102 Sod 705	7 Lentil Stew 105 Red Cabbage & Apples 37 Ancient Grain Mix 214 Whole Wheat Bread 160 Sliced Peaches 6 Cal 634 Carb 108 Sod 647				
10	Chicken Caccitore 241 Buttered Noodles 11 Carrots 43 12 Grain Bread 200 Tropical Fruit Mix 10 Cal 633 Carb 88 Sod 630	11 Oriental Pork Casserole 230 White Rice 6 Brussel Sprouts 14 Oat Nut Bread 150 Spiced Apples 11 Cal 705 Carb 97 Sod 536	12 Calico Beans & Sausage 469 Warm Barley 5 Yellow Squash 3 Whole Wheat Bread 120 Apricots 5 Cal 690 Carb 81 Sod 727	13 Beef Chili 234 Potato Puffs 240 Cauliflower w/Pimiento 17 White Whole Grain 120 Raisins 2 Cal 706 Carb 92 Sod 738	14 Lemon Dill Salmon 73 Israeli Couscous 5 Asparagus 4 Dinner Roll 210 Applesauce 0 Cal 509 Carb 69 Sod 417				
17 St. Patrick's Day	Sliced Corned Beef* 560 O'Brien Potatoes 6 Steamed Cabbage 13 Marble Rye Bread 10 Green Gelatin w/Pears ** 95 Cal 622 Carb 86 Sod 809	18 Orange Chicken 229 Mashed Potatoes 33 Mixed Vegetables 133 Oat Nut Bread 150 Sliced Peaches 6 Cal 815 Carb 128 Sod 676	19 Beef Stew 72 Buttered Boiled Potato 15 Scandinavian Vegetables 59 Whole Wheat Bread 120 Orange 0 Cal 672 Carb 73 Sod 391	20 Beef & Pepper Casserole 124 Scalloped Potatoes 30 Spring Blend Veg 62 12 Grain Bread 200 Applesauce 0 Cal 629 Carb 87 Sod 541	21 Egg Salad 258 Tomato Rice Soup 238 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 6 Cal 770 Carb 93 Sod 876				
24	Chicken Piccatta 362 Buttered Noodles 11 Sonoma Blend Veg 20 Whole Wheat Bread 160 Diced Mangoes 0 Cal 581 Carb 82 Sod 678	25 Chicken Meatballs 216 Pasta w/ Tomato Sauce 314 Broccoli 22 Italian Bread 230 Mixed Fruit 10 Cal 640 Carb 90 Sod 917	26 Shepherd Pie 96 Mashed Potato 33 Italian Beans 3 WG Roll 210 Banana 1 Cal 812 Carb 104 Sod 468	27 Pork Roast w/Gravy 79 Sweet Potatoes 36 Mixed Veg 43 Whole Wheat Bread 160 Apricots 5 Cal 654 Carb 87 Sod 448	28 Herb Baked Fish 220 Confetti Rice 15 Green & Wax Beans 3 Oat Nut Bread 150 Strawberry Cup 0 Cal 670 Carb 104 Sod 513				
31	Veal w/Peppers & Onion * 509 Risotto Parmesan 45 Beets 7 Whole Wheat Bread 160 Pineapple Tidbits 1 Cal 698 Carb 92 Sod 847			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.