




Elder Services of Berkshire County - Nutrition Program

APRIL 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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	1 Chicken Almondine 226 Boiled Potatoes 15 Peas & Onions 69 Oatnut Bread 150 Blueberry Yogurt ** 75	2 Orange Chicken 234 Brown Rice 3 Squash & Red Peppers 6 Oatnut Bread 150 Mixed Fruit 10	3 Sliced Turkey & Gravy 402 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11	4 Eggplant Parm w/marinara 576 Parmesan Risotto 45 Brussel Sprouts 14 Whole Wheat Bread 120 Orange 0
Cal 666 Carb 91 Sod 125	Cal 597 Carb 82 Sod 660	Cal 598 Carb 97 Sod 528	Cal 604 Carb 86 Sod 828	Cal 635 Carb 88 Sod 880
7 Beef Stroganoff 79 Buttered Noodles 8 Coleslaw 169 Dinner Roll 210 Fruit Crisp 11	8 Chix Sausage, Pep & Onions 489 Roasted potatoes 19 California Veggie Blend 17 Grinder Roll 280 Dried Cranberries 2	9 COLD MEAL Tuna Salad on Bed of Lettuce 400 Chickpea Tomato Salad 370 Cold Spiced Beets 179 Hot Dog Bun 180 Banana 1	10 Chicken Caccitore 458 Buttttered Pasta 3 Monaco Vegetable Blend 7 12 Grain Bread 200 Diced Mangoes 0	11 Butternut Mac & Cheese * 582 Tomato Medley 110 Green Beans 2 Crackers 56 Fruit Cocktail 5
Cal 927 Carb 95 Sod 602	Cal 627 Carb 99 Sod 932	Cal 767 Carb 90 Sod 1255	Cal 704 Carb 114 Sod 793	Cal 514 Carb 62 Sod 880
14 Chicken Curry 77 Coconut Rice 6 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6	15 Global Table Beef Teriyaki w/Broccoli 411 Steamed Rice 6 Oriental Vegetables 5 2 Fortune Cookies 0 Pineapple & Mandarin 4	16 Goulash 94 Corn 1 Green Peas 66 Italian Bread 230 Pears 10	17 SPRING DINNER! LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Asparagus 4 Snowflake Roll 260 Banana Cake ** 260	18 GOOD FRIDAY Herb Baked Fish 382 Confetti Rice 15 Grean & Wax Beans 3 Oat Nut Bread 150 Strawberry Cup 4
Cal 660 Carb 90 Sod 457	Cal 668 Carb 80 Sod 551	Cal 740 Carb 103 Sod 526	Cal 755 Carb 113 Sod 1091	Cal 678 Carb 103 Sod 679
21  Patriot Day No Meal Delivery Today	22 Beef Stew 72 Warm Barley 5 Mixed Greens 149 Dinner Roll 210 Fresh Apple 2	23 Pork w. BBQ Sauce 312 Mashed Potato 33 Cauliflower w/ Pimientos 17 Rye Bread 193 Raisins 4	24 Chicken Bruschetta 465 Buttered Noodles 8 Tuscany Blend 35 Italian Bread 230 Applesauce 0	25 Chicken a la King 133 Brown Rice Pilaf 3 Summer Squash 0 Whole Wheat Bread 120 Tropical Fruit Mix 10
Cal 739 Carb 95 Sod 563	Cal 640 Carb 88 Sod 684	Cal 557 Carb 75 Sod 863	Cal 510 Carb 70 Sod 391	
28 Sloppy Joe 105 Parsley Buttered Potatoes 28 Lyonnaise Carrots 74 Hamburger Bun 320 Apricots 5	29 Chicken w/gravy 227 Herbed Stuffing 485 Butternut Squash 34 Whole Wheat Bread 120 Melon Cup 15	30 Homemade Meatloaf w/gravy 287 Mashed Potatoes 33 Broccoli Florets 22 Oatnut Bread 150 Sliced Peaches 6	 	
Cal 751 Carb 92 Sod 657	Cal 536 Carb 73 Sod 1006	Cal 816 Carb 97 Sod 623		

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.