

Elder Services of Berkshire County - Nutrition Program

JUNE 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	
2	Beef Stroganoff 79 Buttered Noodles 11 Brussel Sprouts 14 Dinner Roll 210 Sliced Pears 5 cal 734 carb 87 sod 444	3	Tuna Salad Sandwich 399 Italian Wedding Soup 303 Asparagus Cuts 4 Hot Dog Roll 180 Apple Crisp 20 cal 723 carb 70 sod 1031	4	Goulash 94 Sliced Beets 185 Carrots 43 Italian Bread 230 Sliced Peaches 6 cal 670 carb 92 sod 683	5	Asian Pork Stew 263 Steamed White Rice 6 Broccoli Florets 22 Whole Grain White 120 Banana 1 cal 698 carb 90 sod 537	6	Orange Chicken 229 Boiled Gold Potatoes 15 Peas 66 Oat Nut Bread 150 Pineapple & Mandarins 4 cal 603 carb 88 sod 589
9	Ravioli w/Marinara 392 Green Beans 2 Summer Squash 6 12 Grain Bread 200 Fresh Orange 0 cal 518 carb 90 sod 725	10	Cold Meal: Turkey Chef's Salad 298 Rice Salad 22 Tomato Cuke Salad 4 Whole Wheat Bread 120 Dried Cranberries 2 cal 742 carb 86 sod 571	11	Chicken Puttanesca 499 Steamed Bulger Wheat 5 Sonoma Blend 20 Oat Nut Bread 150 Diced Pears 5 cal 515 carb 78 sod 804	12	FATHER'S DAY MEAL Beef Wellington 240 Mashed Sweet Potatoes 36 Cauliflower w/Pimento 17 Dinner Roll 210 Chocolate Pudding ** 263 cal 1068 carb 125 sod 891	13	Beef Spanish Rice 93 Broccoli Florets 22 Carrots 43 Whole Grain White 120 Mango 0 cal 616 carb 80 sod 403
16	Lower Sodium Hotdog* 540 German Potato Salad 213 Sauerkraut 136 Hot Dog Bun 180 Sliced Peaches 6 cal 768 carb 88 sod 1200	17	Scrambled Egg Patty (2) 266 O'Brien Potatoes 6 Mixed Vegetables 43 Croissant 150 Raisins 4 cal 631 carb 88 Sod 594	18	Lexington BBQ Beef 279 Vegetarian Baked Beans 156 Zucchini 3 12 Grain Bread 200 Tropical Fruit Salad 10 cal 694 carb ## sod 773	19	 NO DELIVERY TODAY	20	Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Spinach Tomato Blend 164 Dinner Roll 210 Mango 0 cal 598 carb 86 sod 934
23	Cold Meal: Lemon Pepper Chicken 403 Potato Salad 5 Cucumber Yogurt 193 Whole Wheat Bread 120 Diced Melon 13 cal 562 carb 60 sod 859	24	Salisbury Steak w/gravy 370 Mashed Sweet Potatoes 36 Mixed Greens 149 12 Grain Bread 200 Sliced Peaches 5 cal 754 carb 89 Sod 885	25	Oriental Beef 324 Steamed Brown Rice 3 Oriental Vegetables 18 Fortune Cookies (2) 0 Fruit Cocktail 5 cal 575 carb 82 sod 475	26	Pork Roast w/gravy 62 Mashed Potatoes 33 Ratatouille 55 Dinner Roll 210 Apricots 5 cal 687 carb 83 sod 490	27	Swedish Meatballs * 558 Buttered Egg Noodles 11 Italian Blend Vegetables 40 Italian Bread 230 Strawberry Cup 4 cal 847 carb 117 sod 968
30	Chicken Almondine 527 Ancient Grains 214 Asparagus Cuts 4 Oat Nut Bread 150 Fresh Apple 2 cal 615 car 88 Sod 1022			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.