

Elder Services of Berkshire County - Nutrition Program

July 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	
		1		2		3	PICNIC LUNCH	4	
		Sweet N Sour Pork 495		Cali Chicken Salad 135		Cheeseburger 498		No Meal Delivery Today	
		Steamed Rice 6		Mushroom Barley Soup 44		Meadow Veg Blend 24			
		Boiled Cabbage 13		Broccoli Florets 22		Potato Salad 5			
		Whole Wheat Bread 120		Pita Pocket Bread 80		Hamburger Bun 320			
		Nectarine		Fruit Crisp 11		Bavarian Crème 110			
		cal 590 carb 85 sod 759		cal 571 carb 72 Sod 417		cal 691 carb 79 So 1082			
7		8		9		10	Cold Meal	11	
Meatballs & Shells 312		Beef Fajita 364		Chicken Picatta 362		Egg Salad 258		Yankee Pot Roast 347	
Italian Green Beans 3		Rice w/ Black Beans 28		Buttered Noodles 8		Rice Salad 22		Mashed Potatoes 33	
Italian Bread 230		Broccoli Florets 22		Spinach 164		Tomato Cucumber Salad 4		Sliced Carrots 43	
Apricot Halves 5		Tortilla 190		Oat Nut Bread 150		Hot Dog Roll 180		12 Grain Bread 200	
		Diced Pears 5		Tropical Fruit Mix 10		Banana 1		Mandarin Oranges 7	
cal 612 carb 87 sod 675		cal 545 carb 77 sod 734		cal 631 carb 87 sod 819		cal 889 carb 92 So 590		cal 720 carb 85 sod 755	
14		15		16		17	Chicken Parm Marinara 780	18	Cold Meal
Cod Pomodoro 343		Meatloaf w/gravy 230		BBQ Pulled Pork 312		Buttered Pasta 8		Turkey Cran Salad 148	
Boiled Potatoes 15		Mashed Potatoes 33		Scalloped Potatoes 65		Summer Squash 0		Marinated Cuke & Onion 4	
Peas w/Mushrooms 180		Harvard Beets 178		Coleslaw 169		Graham Crackers 96		3 Bean Salad 199	
Oat Nut Bread 150		Whole Wheat Bread 120		Hamburger Bun 320		Strawberry Cup 4		Hot Dog Bun 320	
Pineapple Chunks 1		Applesauce		Berry Crisp 1				Diced Mangoes 0	
cal 584 carb 88 sod 814		cal 746 carb 83 sod 686		cal 746 carb 80 sod 992		cal 794 carb 97 sod 1013		cal 743 carb 87 sod 796	
21		22	Cold Meal	23		24		25	
Mac & Cheese 663		Chicken Pesto Sandwich & Tomato 426		Beef Burgundy 69		Chicken Sausage w/ Peppers & Onions 494		Sliced Turkey w/Gravy 402	
Tomato Medley 110		Carrot Raisin Salad 160		Israeli Couscous 5		Armenian Rice Pilaf 5		Mashed Sweet Potatoes 30	
French Cut Green Beans 3		New England Coleslaw 45		Lima Beans 59		Summer Vegetables 24		Broccoli Florets 22	
Whole Wheat Bread 120		Hamburger Bun 320		12 Grain Bread 200		Grinder Roll 280		Dinner Roll 210	
Vanilla Yogurt 50		Fresh Peach 0		Fruit Cocktail 5		Craisins 2		Melon Chunks 15	
cal 597 carb 72 sod 1071		cal 674 carb 72 sod 1076		cal 818 carb 102 sod 463		cal 652 carb 108 sod 930		cal 487 carb 72 sod 804	
28		29		30		31		HOT LINE	
Pork Patty Scallopini 187		Beef Teriyaki with Broccoli 411		L.S.Honey Mustard Ham* 568		Chicken Curry 77			
Chickpea Tomato Salad 151		Steamed Rice 6		Warm Barley 5		Mashed Potatoes 33		If you will not be home when your meal is delivered please call our Nutrition Hotline at	
Fiesta Corn 11		Lyonnaise Carrots 74		Zucchini		Mixed Veggies 43			
Italian Bread 230		12 Grain Bread 200		Oat Nut Bread 150		Dinner Roll 210		1-800-981-5201	
Warm Applesauce 0		Fruited Gelatin (sugar free) 50		Raisins 4		Mandarin Oranges 7			
cal 751 carb 74 sod 704		cal 773 carb 83 sod 866		cal 624 carb 105 sod 852		cal 672 carb 91 sod 495			

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.