

Elder Services of Berkshire County - Nutrition Program

AUGUST 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
Summer Health Tip Throughout your day, drink water to prevent dehydration.		HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		1 Scrambled Egg Patty 266 Asparagus 4 Pea Soup 106 Croissant 199 Tropical Fruit 10 Cal 599 Carb 65 Sod 710
4 Chicken Bruschetta 365 Couscous 5 Peas & Mushrooms 180 Whole Wheat Bread 120 Mangoes 0 Cal 553 Carb 82 Sod 795	5 L.S. Hot Dog* 545 Potato Puffs 240 Brussel Sprouts 14 Hot Dog Bun 320 Applesauce 0 Cal 852 Carb 97 Sod 1244	6 Beef Fajita 417 Black Beans and Rice 28 Corn w/pimentos 52 Flour Tortilla 190 Melon 13 Cal 721 Carb 85 Sod 825	7 Sweet & Sour Pork* 510 Ancient Grains 214 Green & Wax Beans 3 Whole Wheat Bread 120 Pineapple Tidbits 1 Cal 707 Carb 86 Sod 973	8 Cold Meal Tuna Salad 399 Rice Salad 22 Cold Spiced Beets 178 1/2 Pita Pocket 80 Apricots 5 Cal 693 Carb 83 Sod 809
11 Veal Sorrentino* 836 Buttered Pasta 8 French Cut Green Beans 3 Italian Bread 230 Raisins 4 Cal 949 Carb 122 Sod 1206	12 Beef Spanish Rice 94 Zucchini & Squash 6 Prince Edward Blend 22 Dinner Roll 210 Mandarin Oranges 1 Cal 604 Carb 72 Sod 458	13 Chicken Picatta 262 Buttered Boiled Potatoes 15 Sonoma Veg Blend 20 12 Grain Bread 200 Sliced Peaches 6 Cal 512 Carb 72 Sod 628	14 Roast Beef w/ gravy 66 Scalloped Potatoes 30 Beets and Pearl Onions 7 Oat Nut Bread 150 Fresh Pear 2 Cal 559 Carb 83 Sod 380	15 Turkey Burger w/tomato 333 Vegetarian Baked Beans 140 Lyonnaise Carrots 74 Hamburger Bun 320 Fruit Cocktail 5 Cal 798 Carb 99 Sod 997
18 Egg Salad 258 Tomato Soup 263 Herb Summer Blend 24 1/2 Pita Pocket 161 Fruit Crisp 11 Cal 689 Carb 75 Sod 842	19 Meatballs w/ Marinara 262 Buttered Pasta 2 Cauliflower 14 12 Grain Bread 200 Fruit Cocktail 5 Cal 662 Carb 92 Sod 608	20 Salisbury Steak 340 Mashed Potatoes 33 Steamed Cabbage 13 12 Grain Bread 200 Apricots 5 Cal 711 Carb 82 Sod 716	21 Spanish Chicken Stew* 568 Rice Pilaf Armenian 5 California Blend 17 Dinner Roll 210 Raisins 4 Cal 711 Carb 109 Sod 929	22 Pork Roast w/ gravy 63 Mashed Sweet Potatoes 30 Peas and Carrots 69 Oat Nut Bread 150 Fresh Plum 0 Cal 692 Carb 93 Sod 437
25 Chicken w/BBQ Sauce 225 German Potato Salad 119 Ratatouille 55 Whole Wheat Bread 120 Chocolate Chip Cookie ** 100 Cal 685 Carb 91 Sod 744	26 Cold Meal Southwestern Salad 327 Carrot Raisin Slaw 160 Pasta Salad 235 Dinner Roll 210 Vanilla Yogurt 0 Cal 878 Carb 100 Sod 1057	27 Oriental Beef 324 Steamed Rice 6 Oriental Veg Blend 21 Fortune Cookies 0 Orange 0 Cal 610 Carb 91 Sod 476	28 LABOR DAY LUNCH Cheeseburger 498 Spinach Tomato Blend 164 Fiesta Corn 11 Hamburger Bun 320 Sliced Melon 15 Cal 682 Carb 75 Sod 1133	29 Mac & Cheese * 582 Zucchini 2 Sonoma Veg Blend 20 12 Grain Bread 200 Applesauce 0 Cal 556 Carb 69 Sod 929

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.