

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 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	No Meals Today				2					3					4	COLD MEAL				5									
					Beef Chili					234	Lemon Pepper Chicken					262	Chicken Cranberry Salad					148	Swedish Meatballs *					544	
					White Rice					6	Mashed Potatoes					33	3 Bean Salad					199	Buttered Noodles					8	
					Peas and Carrots					69	Brussel Sprouts					14	Cold Spiced Beets					178	Green Beans					2	
					Corn Bread					179	Dinner Roll					210	1/2 Pita Pocket Bread					80	Rye Bread					10	
					Apple					2	Fruit Cocktail					5	Sliced Peaches					6	Diced Pears					5	
Labor Day					Cal	777	Carb	99	Sod	615	Cal	579	Carb	81	Sod	649	Cal	623	Carb	81	Sod	736	Cal	764	Carb	104	Sod	694	
8					9					10	COLD MEAL				11					12									
Sausage, peppers & onions					489	Chicken Tetrzzini					203	Chicken Caesar Salad					149	Stuffed Pepper Casserole					68	Sliced Turkey w/Gravy					468
Mashed Sweet Potatoes					36	Broccoli					22	3 Bean Salad					199	Italian Vegetables					40	Mashed Potatoes					33
Red Cabbage w/apples					37	Tomato Medley					110	Carrot Raisin Salad					160	Summer Squash					0	Mixed Veggies					38
Grinder Roll					280	Italian Bread					230	Oat Nut Bread					150	12 Grain Bread					200	Whole Wheat Bread					120
Oatmeal Raisin Cookie**					75	Fresh Peach					0	Dried Cranberries					2	Orange Gelatin (SF)					8	Apricots					5
Cal 650 Carb 91 Sod 1042					Cal 771 Carb 108 Sod 690	Cal 782 Carb 97 Sod 785					Cal 497 Carb 57 Sod 441	Cal 541 Carb 78 Sod 789																	
15					16					17					18	Breakfast Sandwich				19									
Beef Stew					72	Chicken Puttanesca					331	Cheese Lasagna Roll					321	Egg & Sausage Patties					241	Glazed Ham *					604
Warm Barley					5	Buttered Boiled Potatoes					15	Sonoma Blend					20	O'Brien Potatoes					6	Scalloped Potatoes					30
Tomato & Cuke Salad					4	Spinach					76	Wax Beans					2	Asparagus					4	French Green Beans					3
Oat Nut Bread					150	12 Grain Bread					200	Graham Crackers					69	Croissant					199	Snowflake Roll					260
Warm Spiced Apples					11	Fresh Orange					0	Fresh Pear					2	Mango					0	Mandarin Oranges					7
Cal 794 Carb 85 Sod 367					Cal 543 Carb 74 Sod 747	Cal 528 Carb 86 Sod 539					Cal 573 Carb 72 Sod 575	Cal 544 Carb 88 Sod 1029																	
22					23					24					25					26									
Chicken Breast w/Gravy					237	Sweet & Sour Pork					495	Salmon w/ Dijon Mustard					333	Macaroni & Cheese*					663	Meatloaf w/gravy					304
Garlic Mashed Potatoes					33	Savory Rice					8	Corn Chowder					96	Peas & Pimiento					79	Israeli Couscous					5
California Blend					17	Lima Beans					59	Zucchini					2	Broccoli					22	Lyonnais Carrots					74
Dinner Roll					210	WG White Bread					120	Soup Crackers (1)					56	Multigrain Bread					120	Whole Wheat Bread					120
Mixed Fruit					10	Applesauce					0	Peanut Butter Cookie **					69	Banana					1	Raisins					4
Cal 523 Carb 79 Sod 632					Cal 739 Carb 112 Sod 807	Cal 516 Carb 75 Sod 681					Cal 649 Carb 85 Sod 1010	Cal 779 Carb 98 Sod 632																	
29					30	New Recipe																							
Veal Marsala					487	Tuscan Chicken Casserole*					613											HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201 							
Buttered Noodles					8	Lemon Rice					19																		
Summer Blend					24	Peas and Pimiento					79																		
Oat Nut Bread					150	Whole Wheat Bread					120																		
Vanilla Yogurt					50	Fresh Apple					2																		
Cal 875 Carb 100 Sod 844					Cal 808 Carb 110 Sod 958																								

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.