

Elder Services of Berkshire County - Nutrition Program

OCTOBER 2025

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

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 Turkey w/Gravy 402 Mashed Potatoes 33 Capri Blend 22 Oat Nut Bread 150 Diced Pears 10 Cal 605 Carb 80 Sod 742	2 Sweet & Sour Meatballs Buttered Noodles 8 Peas & Carrots 51 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 535 Carb 76 Sod 309	3 Chicken Fajita Rice w/Beans 28 Cauliflower 14 Tortilla Shell 173 Apricots 5 Cal 712 Carb 86 Sod 345
6 Chicken Puttanesca 430 Sliced Potatoes 15 Monaco Vegetables 7 Italian Bread 230 Fresh Apple 2 Cal 522 Carb 76 Sod 809	7 Beef & Cabbage Casserole 88 Butternut Squash 34 Broccoli Florets 22 Whole Wheat Bread 120 Strawberry Craisins 4 Cal 645 Carb 88 Sod 393	8 Cranberry Glazed Chicken 227 Mashed Potatoes 33 Antiqua Vegetables 12 Whole Wheat Bread 120 Sliced Peaches 6 Cal 653 Carb 104 Sod 523	9 Mexican Mac & Cheese* 639 Fiesta Corn 11 Summer Blend 24 WG White Bread 120 Mangos 0 Cal 720 Carb 90 Sod 919	10 Yankee Pot Roast 347 Mashed Potato 33 Winter Blend 10 12 Grain Bread 200 Applesauce 0 Cal 711 Carb 83 Sod 715
13  Happy Columbus Day No Meal Delivery Today	14 Chicken Picatta 262 Boiled Potatoes 15 Spinach 76 12 Grain Bread 200 Orange 0 Cal 526 Carb 71 Sod 678	15 Meatball Grinder 311 Buttered Noodles 8 California Vegetables 17 6" Grinder roll 280 Tapioca Pudding ** 193 Cal 813 Carb 119 Sod 934	16 Roast Pork w/Gravy 79 Mashed Sweet Potatoes 36 Succotash 41 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 725 Carb 98 Sod 441	17 Tuna Salad Sandwich 399 Minestrone Soup 63 Sliced Carrots 43 Hot Dog Roll 180 Peach Crisp 11 Cal 670 Carb 76 Sod 821
20 Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Mixed Fruit 10 Cal 740 Carb 87 Sod 435	21 Cheese Lasagna Roll 370 Sonoma Blend 20 Peas 66 Italian Bread 230 Diced Pears 10 Cal 525 Carb 87 Sod 821	22 Chicken Hawaiian* 592 Rice Pilaf 12 Green and Yellow Beans 3 Dinner Roll 210 Melon Cup 13 Cal 584 Carb 82 Sod 955	23 Chuckwagon Stew 395 Buttered Noodles 8 Sliced Carrots 43 Oat Nut Bread 150 Banana 1 Cal 779 Carb 107 Sod 722	24 White Chicken Chili 261 Warm Barley 5 Monaco Vegetables 7 Corn Bread 179 Spiced Apples 11 Cal 702 Carb 96 Sod 588
27 Teriyaki Beef w/Broccoli 411 Steamed Rice 6 Oriental Blend 5 Fortune Cookie 0 Pineapple Chunks 1 Cal 646 Carb 77 Sod 548	28 Chicken Cordon Royale* 550 Mashed Potatoes w/ gravy 40 Carrots 43 Dinner Roll 210 Mangos 0 Cal 727 Carb 94 Sod 968	29 Beef Stew 72 Buttered Boiled Potatoes 15 5 Way Blend 38 Whole Wheat Bread 120 Mandarin Oranges 6 Cal 655 Carb 69 Sod 376	30 Lemon Dill Salmon 150 Butternut Squash Soup 56 Zucchini 2 Marbled Rye Bread 10 Apricots 5 Cal 602 Carb 79 Sod 348	31 HALLOWEEN Sloppy Joes 105 Potato Puffs 240 Asparagus 4 Hamburger Bun 320 SF Fruited Orange Gelatin 50 Cal 828 Carb 86 Sod 844

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.