

Elder Services of Berkshire County - Nutrition Program

NOVEMBER 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	
NUTRITION HOT LINE 1-800-981-5201		If you will not be home when your meal is delivered, please call our Nutrition Hotline.							
3		4		5		6		7	
Macaroni & Cheese*	663	Chicken on a Biscuit	105	Italian Meatballs Marinara	310	Chicken Picatta	362	Calico Bean & Sausage	469
Stewed Tomatoes	148	Asparagus Cuts	4	Buttered Noodles	1	Buttered Boiled Potatoes	15	Steamed Rice	6
Mixed 5 Vegetables	38	1/2 Biscuit	155	Italian Green Beans	3	Cream of Broccoli Soup	37	Zucchini & Tomatos	10
Whole Wheat Bread	120	Warm Fruit Compote	38	Italian Bread	230	Whole Wheat Bread	120	Rye Bread	260
Apple	2			Pudding**	141	Applesauce	0	Diced Pears	5
Cal 607 Carb 80 Sod 1096		Cal 619 Carb 78 Sod 427		Cal 612 Carb 80 Sod 810		Cal 627 Carb 84 Sod 659		Cal 770 Carb 96 Sod 875	
10		11		12		13		14	
Chicken Pesto Sandwich	426			Orange Chicken	229	Veal Parmesan*	702	Beef Stroganoff	79
Buttered Noodles	11			Wild Rice Pilaf	60	Penne w/Marinara	53	Buttered Noodles	8
Winter Blend Vegetables	10			Capri Blend Vegetables	22	Yellow Squash	0	Beets and Pearl Onions	7
Hamburger Bun	190			Oat Nut Bread	150	Whole Wheat Bread	120	12 Grain Bread	200
Tropical Fruit	10			Diced Pears	5	Banana	1	Mandarin Oranges	1
Cal 630 Carb 81 Sod 772		No Meal Delivery Today		Cal 585 Carb 92 Sod 591		Cal 863 Carb 106 Sod 1001		Cal 628 Carb 67 Sod 420	
17		18		19		20 Thanksgiving Meal		21	
BBQ Pulled Pork	312	Salmon Newberg Sauce	391	Beef w/Peppers & Onions	328	Sliced Turkey & Gravy	402	Stuffed Shells w/sauce	461
Dirty Rice	37	Israeli Couscous	5	Augratin Potatoes	142	Mashed Potatoes	33	Brussel Sprouts	14
New England Slaw	45	Antiqua Vegetables	12	Antigua Vegetables	12	Carrot, Parsnips & Butternut	47	Green & Wax Beans	3
Hot Dog Roll	320	Whole Grain White	120	Rye Bread	260	Snowflake Roll	260	Italian Bread	230
Peach Crisp	38	Fresh Pear	2	Raisins	4	Pumpkin Pie **	300	Sliced Peaches	6
Cal 693 Carb 98 Sod 877		Cal 550 Carb 82 Sod 655		Cal 708 Carb 86 Sod 871		Cal 903 Carb 133 Sod 1167		Cal 607 Carb 92 Sod 839	
24		25		26		27		28	
Beef Cabbage Casserole	88	Moroccan Beef Stew	169	Chicken Marsala	281			Asian Pork Casserole	230
Butternut Squash Soup	56	Warm Barley	5	Mashed Sweet Potatoes	36			Brown Rice	3
Broccoli Florets	22	Lyonnais Carrots	74	Sonoma Blend Vegetables	20			Asparagus Cuts	4
Whole Wheat Bread	120	Oat Nut Bread	150	12 Grain Bread	200			Dinner Roll	210
Spiced Apples	11	Apricots	5	Mangos	0			Pineapple Chunks	1
Cal 579 Carb 75 Sod 422		Cal 707 Carb 92 Sod 528		Cal 524 Carb 86 Sod 662		No Meal Delivery Today		Cal 660 Carb 88 Sod 573	

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.