

Elder Services of Berkshire County - Nutrition Program

DECEMBER 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					4					5				
Beef Burgundy 69					Chicken Breast & Gravy 227					Beef Chili 234					Salisbury Steak 370					Greek Chicken Casserole* 595				
Buttered Noodles 8					Boiled Red Potatoes 15					Steamed Rice 6					Garlic Mashed Potatoes 33					Boiled Potatoes 15				
Broccoli Florets 22					Scandinavian Blend 31					Mixed Greens 149					Sliced Carrots 43					Harvard Beets 178				
12 Grain Bread 200					Whole Wheat Bread 120					Corn bread 179					Oat Nut Bread 150					12 Grain Bread 200				
Apricot Halves 5					Fruit Cocktail 5					Peaches 6					Tropical Fruit Mix 10					Clementines 1				
Cal 736 Carb 85 Sod 429					Cal 477 Carb 63 Sod 523					Cal 775 Carb 109 Sod 699					Cal 561 Carb 80 Sod 731					Cal 632 Carb 86 Sod 1114				
8					9					10					11					12				
Lemon Pepper Chicken 303					Shepherd's Pie 96					Cheesy Egg Patty (2) 415					Ravioli w/Marinara Sauce 308					Pork Loin w/gravy 63				
Brown Rice 3					Mashed Potatoes 33					O'Brien Potatoes 6					Zucchini 3.2					Mashed Sweet Potato 36				
Sonoma Veg Blend 20					Peas and Carrots 69					Cauliflower w/Pimiento 17					Italian-cut Beans 3					Red Cabbage + Apples 37				
Whole Wheat Bread 120					Oat Nut Bread 150					Croissant 199					Italian Bread 230					Dinner Roll 210				
Sliced Pears 5					Applesauce 0					Banana 1					Raisins 4					Mangos 0				
Cal 524 Carb 65 Sod 576					Cal 774 Carb 91 Sod 473					Cal 713 Carb 84 Sod 763					Cal 549 Carb 92 Sod 673.2					Cal 654 Carb 88 Sod 471				
15					16					17					18 HOLIDAY DINNER					19				
Salmon w/cran-orange glaze 74					Beef Stew 72					Mac & Cheese * 663					Roast Beef w/Gravy 66					Chicken Putenesca 431				
Scalloped Potatoes 30					Boiled Potatoes 15					Lentil Soup 45					Mashed Potatoes 33					Isreali Couscous 5				
Mixed Vegetables 38					California Blend Veg 17					Green Beans 3					Mixed Root Vegetables 99					Peas and Mushrooms 180				
Oat Nut Bread 150					Biscuit 155					Crackers					Snowflake Roll 260					12 Grain Bread 200				
Tropical Fruit Mix 10					Sliced Peaches 6					Pineapple Chunks 1					Iced Choco Cake** 182					Apricots 5				
Cal 758 Carb 109 Sod 427					Cal 686 Carb 75 Sod 390					Cal 636 Carb 83 Sod 837					Cal 860 Carb 114 Sod 765					Cal 591 Carb 88 Sod 946				
22					23					24					25 Christmas Day					26				
Chicken Cordon Royale* 550					Chicken Parm* 780					Pasta w/tomato sauce 313										Moroccan Beef Stew 169				
Herb-buttered Noodles 8					Rice Pilaf 12					Meatballs 210										Warm Barley 5				
Capri Blend Vegetables 22					Lyonnais Carrots 74					Tuscan Blend 40										Yellow Squash 0				
Whole Wheat Bread 150					WG White Bread 120					Italian Bread 230										Dinner Roll 210				
Fruit Cocktail 5					Vanilla Pudding ** 141					Spiced Apples 11										Fresh Orange 0				
Cal 712 Carb 88 Sod 860					Cal 671 Carb 69 Sod 1252					Cal 601 Carb 84 Sod 929					No Meals Today					Cal 643 Carb 83 Sod 509				
29					30					31 NEW YEAR's EVE					HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201									
Beef Spanish Rice 94					Chicken Cauliflower Curry 453					Asian Beef Casserole 332														
Cream of Broccoli Soup 37					Mashed Potatoes 33					Brown Rice 3														
Roasted Works Corn 11					Carrots 43					Asparagus														
Tortilla Shell 173					Corn Bread 120					Fortune Cookie 0														
Mangos					Applesauce					Mandarin Oranges 7														
Cal 714 Carb 89 Sod 440					Cal 595 Carb 78 Sod 774					Cal 587 Carb 86 Sod 483														

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.