

Elder Services of Berkshire County - Nutrition Program

JANUARY 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	
		HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		1 		2 Chicken Strips 324 Pasta Alfredo 439 Broccoli Florets 22 Graham Crackers 69 Fruit Crisp 11 Cal 715 Carb 104 Sod 990		3 Sweet & Sour Pork 495 Warm Barley 5 Mixed Root Vegetables 37 Corn Bread 179 Mixed Fruit 10 Cal 721 Carb 105 Sod 851	
6 Beef & Cabbage Casserole 88 Wax Beans 2 Peas and Carrots 69 Whole Wheat Bread 120 Sliced Pears 5 Cal 542 Carb 68 Sod 409		7 Lentil Stew 105 Israeli Couscous 5 Spinach 76 Oat Nut Bread 150 Diced Mangos 0 Cal 590 Carb 110 Sod 461		8 Chicken on a Biscuit 105 Buttered Noodles 11 Italian Beans 3 Southern Style Biscuit 330 Lemon Pudding ** 77 Cal 691 Carb 77 Sod 651		9 Swedish Meatballs * 544 Boiled Potatoes 15 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2 Cal 706 Carb 91 Sod 900		10 Chicken w/Gravy 227 Mashed Potatoes 33 Autumn Harvest Soup 49 Dinner Roll 210 Raisins 4 Cal 621 Carb 95 Sod 648	
13 Chicken Curry 77 Coconut Rice 7 Minted Green Beans 6 Pita Bread (1/2) 80 Apricot Halves 5 Cal 682 Carb 84 Sod 300		14 Roast Pork w/gravy 79 Sweet Potato 30 Boiled Cabbage 6 Whole Wheat Bread 120 Applesauce 0 Cal 559 Carb 68 Sod 360		15 Macaroni & Cheese * 663 Split Pea Soup 42 Tuscany Blend Vegetables 35 Oat Nut Bread 150 Sliced Peaches 6 Cal 652 Carb 86 Sod 1021		16 Chicken w/Apple Raisin Gravy 215 Mashed Potatoes 33 Asparagus 4 Dinner Roll 210 Chocolate Chip Cookie ** 100 Cal 693 Carb 91 Sod 687		17 Breaded Fish Sandwich 302 White Rice 6 Carrots 43 Hamburger Bun 320 Pineapple 1 Cal 744 Carb 101 Sod 797	
20 		21 Cheese Lasagna 397 Minestrone Soup 63 Crackers 56 Warm Spiced Apples 11 Cal 530 Carb 84 Sod 652		22 Chicken Caccitore 437 Orzo 32 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 1 Cal 692 Carb 109 Sod 829		23 Beef Stroganoff 79 Buttered Noodles 11 Mixed Vegetables 53 Rye Bread 260 Sliced Pears 5 Cal 787 Carb 94 Sod 533		24 Meatloaf & Gravy 288 Lyonnaise Potatoes 7 Sliced Beets 185 Dinner Roll 210 Mandarin Oranges 7 Cal 779 Carb 93 Sod 822	
27 Penne with Bolognese Sauce 142 Capri Blend 22 Italian Bread 230 Warm Applesauce Cal 582 Carb 84 Sod 519		28 Spanish Chicken Stew * 522 Rice Pilaf 11 Winter Blend Vegetables 10 Dinner Roll 210 Sliced Pears 5 Cal 791 Carb 90 Sod 883		29 Yankee Pot Roast 317 Mashed Potatoes 33 Turnips 25 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 685 Carb 79 Sod 625		30 Eggplant Parmesan 349 Buttered Noodles 3 Sonoma Blend 20 Whole Wheat Bread 120 Sliced Peaches 6 Cal 721 Carb 107 Sod 623		31 Beef Burgandy 69 Steamed Brown Rice 3 Mixed Greens 149 12 Grain Bread 200 Fresh Orange 0 Cal 735 Carb 87 Sod 546	

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.