

Elder Services of Berkshire County - Nutrition Program

JANUARY 2026

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 Sweet & Sour Pork 495 Warm Barley 5 Mixed Root Vegetables 37 Corn Bread 179 Mixed Fruit 10 Cal 721 Carb 105 Sod 851
5 Beef & Cabbage Casserole 88 Wax Beans 2 Peas and Carrots 69 Whole Wheat Bread 120 Sliced Pears 5 Cal 542 Carb 68 Sod 409	6 Stuffed Shells 228 Cauliflower 11 Spinach 76 Oat Nut Bread 150 Diced Mangos 0 Cal 522 Carb 84 Sod 590	7 2 Egg Patty&Sausage Link (1) 375 O'Brien Potatoes 6 Italian Beans 3 Croissant 199 Lemon Pudding ** 77 Cal 657 Carb 67 Sod 785	8 Swedish Meatballs * 544 Boiled Potatoes 15 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2 Cal 706 Carb 91 Sod 900	9 Chicken w/Gravy 227 Mashed Potatoes 33 Autumn Harvest Soup 49 Dinner Roll 210 Raisins 4 Cal 621 Carb 95 Sod 648
12 Chicken Curry 77 Coconut Rice 7 Minted Green Beans 6 Rye Bread 260 Apricot Halves 5 Cal 717 Carb 90 Sod 480	13 Roast Pork w/gravy 79 Sweet Potato 30 Boiled Cabbage 6 Whole Wheat Bread 120 Applesauce 0 Cal 559 Carb 68 Sod 360	14 Macaroni & Cheese * 663 Split Pea Soup 42 Tuscany Blend Vegetables 35 Oat Nut Bread 150 Sliced Peaches 6 Cal 652 Carb 86 Sod 1021	15 Chicken w/Apple Raisin Gravy 215 Mashed Potatoes 33 Asparagus 4 Dinner Roll 210 Chocolate Chip Cookie ** 100 Cal 693 Carb 91 Sod 687	16 Breaded Fish Sandwich 302 White Rice 6 Carrots 43 Hamburger Bun 320 Pineapple 1 Cal 744 Carb 101 Sod 797
19 	20 Mini Ravioli w/Marinara 314 Minestrone Soup 63 Crackers 56 Warm Spiced Apples 11 Cal 415 Carb 72 Sod 569	21 Chicken Caccitore 437 Orzo 32 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 1 Cal 692 Carb 109 Sod 829	22 Beef Stroganoff 79 Buttered Noodles 11 Mixed Vegetables 53 Rye Bread 260 Sliced Pears 10 Cal 785 Carb 92 Sod 538	23 Homemade Meatloaf & Gravy 288 Lyonnaise Potatoes 7 Sliced Beets 185 Dinner Roll 210 Mandarin Oranges 7 Cal 779 Carb 93 Sod 822
26 Pasta with Bolognese Sauce 142 Capri Blend 22 Italian Bread 230 Warm Applesauce Cal 582 Carb 84 Sod 519	27 Spanish Chicken Stew * 568 Rice Pilaf 11 Winter Blend Vegetables 10 Dinner Roll 210 Sliced Pears 5 Cal 652 Carb 90 Sod 929	28 Yankee Pot Roast 317 Mashed Potatoes 33 Turnips 25 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 685 Carb 79 Sod 625	29 Eggplant Parmesan 349 Buttered Noodles 3 Sonoma Blend 20 WG White 120 Sliced Peaches 6 Cal 721 Carb 107 Sod 623	30 Shepherd's Pie 96 Mashed Potatoes 33 Mixed Greens 122 12 Grain Bread 200 Fresh Orange 0 Cal 793 Carb 95 Sod 576

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.