

Elder Services of Berkshire County - Nutrition Program

FEBRUARY 2026

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									
2		3		4		5		6	
Pork Roast w/gravy	79	Beef Stew	72	Chix Mexican Casserole	496	Mac & Cheese	663	Asian Beef Casserole	324
Au gratin potatoes	142	Buttered Noodles	8	Lime Cilantro Rice	20	Minestrone Soup	63	Steamed Brown Rice	3
Corn	15	Carrots Parsnips Turnips	47	Green & Wax Beans	3	Spinach Florentine	162	Broccoli	22
WG White Bread	120	Whole Wheat Bread	120	Mini Cornbread	179	Whole Grain White	120	Chow Mein Noodles	263
Fresh Orange	0	Vanilla Yogurt	50	Sliced Peaches	6	Spiced Apples	11	Pineapple	1
Cal 635 Carb 78 Sod 481		Cal 772 Carb 95 Sod 422		Cal 839 Carb 107 Sod 829		Cal 613 Carb 76 Sod 1144		Cal 648 Carb 91 Sod 738	
9		10		11		12		13	VALENTINE'S DAY LUNCH
Scrambled Egg Patty (2)	266	Chicken Puttanesca *	542	Cheese Lasagna	370	Moroccan Beef Stew	169	Chicken Sorrentino *	707
Tomato Medley	110	Israeli CousCous	5	Italian Wedding Soup	303	Mashed Potatoes	33	Buttered Noodles	8
O'Brien Potatoes	6	Lima Beans	59	Sonoma Blend	20	Brussel Sprouts	14	Zuc & Yellow Squashes	10
Croissant	199	Oat Nut Bread	150	Saltine Crackers (2 pkg)	210	12 Grain Bread	210	Snowflake Roll	260
Apricot Halves	5	Mandarin Oranges	1	Warm Fruit Compote	9	Diced Pears	5	Strawberry Cup	4
Cal 510 Carb 67 Sod 711		Cal 651 Carb 96 Sod 882		Cal 542 Carb 98 Sod 1037		Cal 751 Carb 94 Sod 556		Cal 889 Carb 126 Sod 1114	
16		17	MARDI GRAS	18	ASH WEDNESDAY	19		20	
		Chix & Sausage Jambalaya *	661	Lentil Stew	105	White Chicken Chili	261	Herb Baked Fish	382
		Spanish Rice	14	Israeli Couscous	5	Warm Barley	5	Butternut Squash	34
		Mardi Gras Greens	69	Peas	66	Broccoli Florets	22	Monaco Veggie Blend	7
		Mini Cornbread Loaf	179	Dinner Roll	210	100% Whole Wheat Bread	120	Italian Bread	230
		Cupcake **	170	Banana	1	Applesauce	0	Oatmeal Raisin Cookie **	75
No Meal Delivery Today		Cal 923 Carb 111 Sod 1218		Cal 606 Carb 111 Sod 512		Cal 567 Carb 75 Sod 533		Cal 524 Carb 62 Sod 853	
23	Chicken with	24		25		26		27	
Orange Cranberry Glaze	331	Shepherd's Pie	96	Spanish Chicken Stew *	568	Yankee Pot Roast	317	Garden Burger w/tomato	480
Boiled Potatoes	15	Mashed Potatoes	33	Rice w/Orzo	5	Mashed Sweet Potatoes	30	Red Cabbage w/apples	37
Peas & Pearl Onions	34	Carrots	43	Green Beans	2	Broccoli and Cauliflower	10	Roasted Works Corn	11
Oat Nut Bread	150	100% Whole Wheat Bread	120	Oatnut Bread	150	Marbled Rye Bread	260	Hamburger Bun	320
Pineapple Tidbits	1	Diced Pears	10	Mangos	0	Sliced Peaches	6	Tangerine	0
Cal 691 Carb 110 Sod 656		Cal 715 Carb 80 Sod 427		Cal 694 Carb 100 Sod 850		Cal 653 Carb 84 Sod 748		Cal 656 Carb 95 Sod 973	

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.