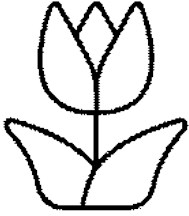




Elder Services of Berkshire County - Nutrition Program

APRIL 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 Chicken Almondine 226 Boiled Potatoes 15 Peas & Onions 69 Oatnut Bread 150 Blueberry Yogurt ** 75 Cal 597 Carb 82 Sod 660			2 SPRING DINNER LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Asparagus 4 Snowflake Roll 260 Banana Cake ** 260 Cal 755 Carb 113 Sod 1091			3 GOOD FRIDAY Butternut Mac & Cheese * 582 Tomato Medley 110 Green Beans 2 Whole wheat bread 120 Fruit Cocktail 5 Cal 514 Carb 62 Sod 944				
				6 Beef Stroganoff 79 Buttered Noodles 11 Coleslaw 169 Dinner Roll 210 Fruit Crisp 11 Cal 927 Carb 95 Sod 605			7 Chicken Caccitore 458 Steamed Rice 6 Monaco Vegetable Blend 7 12 Grain Bread 200 Diced Mangoes 0 Cal 704 Carb 114 Sod 796			8 Eggplant Parm w/marinara 576 Penne Pasta 45 Brussel Sprouts 14 Italian Bread 230 Orange 0 Cal 635 Carb 88 Sod 990			9 Tuna Salad on Bed of Lettuce 259 Chickpea Tomato Salad 370 Cold Spiced Beets 179 Hot Dog Bun 180 Banana 1 Cal 767 Carb 90 Sod 1114	
13 Herb Baked Fish 382 Roasted Potatoes 19 Green & Wax Beans 3 Oat Nut Bread 150 Strawberry Cup 4 Cal 678 Carb 103 Sod 683		14 Beef Teriyaki w/Broccoli 411 Steamed Rice 6 Oriental Vegetables 5 2 Fortune Cookies 0 Pineapple & Mandarin 4 Cal 668 Carb 80 Sod 551		15 Chicken Curry 77 Sweet Potato 6 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 660 Carb 90 Sod 457			16 Goulash 94 Corn 1 Green Peas 66 Italian Bread 230 Pears 10 Cal 740 Carb 103 Sod 526			17 Sliced Turkey & Gravy 402 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11 Cal 604 Carb 86 Sod 828				
20  Patriots' Day No Meal Delivery Today		21 Beef Stew 72 Boiled Potatoes 5 Mixed Greens 149 Dinner Roll 210 Banana 2 Cal 739 Carb 95 Sod 563		22 Cheese Lasagna 470 Italian blend vegetables 2 Brussel Sprouts 14 Oat nut bread 120 Tropical mixed fruit 10 Cal 734 Carb 103 Sod 741			23 Chicken Bruschetta 465 Buttered Noodles 8 Tuscany Blend 35 Italian Bread 230 Applesauce 0 Cal 557 Carb 75 Sod 863			24 BBQ Pork Chopette 312 Mashed Potato 33 Cauliflower w/ Pimientos 17 Rye Bread 193 Raisins 4 Cal 640 Carb 88 Sod 684				
27 Sloppy Joes 105 Parsley Buttered Potatoes 28 Lyonnaise Carrots 74 Hamburger Bun 320 Apricots 5 Cal 751 Carb 92 Sod 657		28 Chicken w/gravy 227 Herbed Stuffing 485 Butternut Squash 34 Whole Wheat Bread 120 Melon Cup 15 Cal 536 Carb 73 Sod 1006		29 Chuckwagon Stew 408 Buttered Noodles 11 Broccoli Florets 22 Whole Wheat Bread 120 Applesauce 0 Cal 744 Carb 83 Sod 686			30 Homemade Meatloaf w/gravy 287 Mashed Potatoes 33 Broccoli Florets 22 Oatnut Bread 150 Sliced Peaches 6 Cal 816 Carb 97 Sod 623							

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.