

Elder Services of Berkshire County - Nutrition Program

MARCH 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	
2		3		4		5		6	
Salisbury Steak & Gravy	362	Hungarian Turkey Skillet	240	Sloppy Joe on a Bun	105	Chicken w/asparagus	99	Eggplant Parm	349
Mashed Potatoes	33	Scalloped Potatoes	30	Parsley Buttered Potatoes	28	Buttered Orzo	32	Ancient Grain Mix	214
Lyonnais Carrots	74	Mixed Root Veggies	37	Roasted Works Corn	11	Green Beans	2	Carrots	43
12 Grain Bread	200	WG White Bread	120	Hamburger Bun	320	Oat Nut Bread	150	Whole Wheat Bread	160
Mandarin Oranges	7	Applesauce		Tangerine	4	Diced Pears	10	Sliced Peaches	6
Cal 660 Carb 85 Sod 801		Cal 547 Carb 79 Sod 552		Cal 846 Carb 108 Sod 593		Cal 638 Carb 93 Sod 418		Cal 681 Carb 95 Sod 897	
9		10		11		12		13	
Asian Pork Casserole	230	Chicken Caccitore	442	Beef & Pepper Casserole	124	Beef Chili	234	Salmon w/ Dill Sauce	73
White Rice	6	Buttered Noodles	11	Gold Potatoes	30	Potato Puffs	240	Butternut Squash	34
Brussel Sprouts	14	Spring Vegetable Blend	62	Sliced Carrots	62	Cauliflower w/Pimiento	17	Mushroom Barley Soup	44
Oat Nut Bread	150	12 Grain Bread	200	12 Grain Bread	200	WG White Bread	120	Dinner Roll	210
Spiced Apples	11	Tropical Fruit Mix	10	Fruit Cocktail	0	Raisins	2	Applesauce	0
Cal 705 Carb 97 Sod 536		Cal 672 Carb 95 Sod 850		Cal 629 Carb 87 Sod 541		Cal 706 Carb 92 Sod 738		Cal 520 Carb 72 Sod 486	
16		17 St. Patrick's Day		18		19		20	
Orange Chicken	229	Sliced Corned Beef*	560	Shepherd Pie	96	Calico Beans & Sausage	469	Egg Salad	258
Mashed Potatoes	33	O'Brien Potatoes	6	Mashed Potato	33	Warm Barley	5	Tomato Rice Soup	238
Mixed Vegetables	133	Steamed Cabbage	13	Italian Beans	3	Yellow Squash	3	Peas and Carrots	69
Oat Nut Bread	150	Marble Rye Bread	10	Dinner Roll	210	Whole Wheat Bread	120	Hot Dog Roll	180
Sliced Peaches	6	Green Gelatin w/Pears **	95	Banana	1	Apricots	5	Warm Fruit Compote	6
Cal 815 Carb 128 Sod 676		Cal 622 Carb 86 Sod 809		Cal 812 Carb 104 Sod 468		Cal 690 Carb 81 Sod 727		Cal 770 Carb 93 Sod 876	
23		24		25		26		27	
Chicken Piccata	362	Chicken Meatballs	216	Beef Stew	72	Pork Roast w/Gravy	79	Fish Filet & Cheese	408
Buttered Noodles	11	Pasta w/ Tomato Sauce	314	Buttered Boiled Potato	15	Sweet Potatoes	36	Confetti Rice	15
Sonoma Blend Veg	20	Broccoli	22	Scandinavian Vegetables	59	Mixed Veg	43	Green & Wax Beans	3
Whole Wheat Bread	160	Italian Bread	230	Oat Nut Bread	150	Whole Wheat Bread	160	Hamburger Bun	320
Diced Mangoes	0	Mixed Fruit	10	Orange	0	Pears	5	Strawberry Cup	0
Cal 581 Carb 82 Sod 678		Cal 640 Carb 90 Sod 917		Cal 727 Carb 83 Sod 421		Cal 654 Carb 87 Sod 448		Cal 733 Carb 111 Sod 871	
30		31				<p align="center">HOT LINE</p> <p align="center">If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>			
Beef Fajita w/Cheese	384	Chicken Strips	324						
Cous Cous	45	Pasta Alfredo	444						
Beets & Pearl Onions	7	Broccoli Florets	22						
Tortilla Shell	280	Dinner Roll	210						
Pineapple Tidbits	1	Apple Crisp	20						
Cal 705 Carb 95 Sod 842		Cal 685 Carb 95 Sod 1145							

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.