

Elder Services of Berkshire County - Nutrition Program

JUNE 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	
1	Beef Stroganoff 79 Buttered Noodles 11 Brussel Sprouts 14 Dinner Roll 210 Sliced Pears 5 <i>cal 734 carb 87 sod 444</i>	2	Tuna Salad Sandwich 399 Italian Wedding Soup 303 Asparagus Cuts 4 Hot Dog Roll 180 Apple Crisp 20 <i>cal 723 carb 70 sod 1031</i>	3	Goulash 94 Sliced Beets 185 Peas and Carrots 69 Italian Bread 230 Sliced Peaches 6 <i>cal 690 carb 96 sod 709</i>	4	Asian Pork Stew 256 Steamed White Rice 6 Broccoli Florets 22 WG White Bread 212 Banana 1 <i>cal 643 carb 90 sod 622</i>	5	Orange Chicken 229 Boiled Red Potatoes 7 Peas&Pearl Onions 17 Oat Nut Bread 150 Tropical Fruit Mix 4 <i>cal 589 carb 93 sod 532</i>
8	Ravioli w/Marinara 270 Wax beans 3 Tuscan veggie blend 6 12 Grain Bread 200 Fresh Orange 0 <i>cal 557 carb 97 sod 604</i>	9	Turkey Chef's Salad 298 Rice Salad 22 Coleslaw 169 Whole Wheat Bread 120 Applesauce 0 <i>cal 639 carb 85 sod 734</i>	10	Chicken Puttanesca 430 Bulger Wheat 5 Sonoma Blend 20 Oat Nut Bread 150 Apricots 5 <i>cal 599 carb 84 sod 735</i>	11	Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Spinach Tomato Blend 164 Hamburger roll 120 Mixed Fruit 0 <i>cal 592 carb 81 sod 844</i>	12	Beef Spanish Rice 93 Broccoli Florets 22 Carrots 43 Tortilla Shell 173 Mango 0 <i>cal 685 carb 94 sod 456</i>
15	Lower Sodium Hotdog* 540 German Potato Salad 140 Sauerkraut 139 Hot Dog Bun 180 Craisins 4 <i>cal 967 carb 98 sod 1128</i>	16	Scrambled Egg Patty 266 O'Brien Potatoes 7 Mixed Vegetables 43 Crossaint 120 Diced pears 5 <i>cal 645 carb 92 Sod 566</i>	17	BBQ Beef patty 279 Vegetarian Baked Beans 156 Zuchinni 3 12 grain bread 200 Tropical fruit salad 10 <i>cal 685 carb 94 sod 773</i>	18	FATHER'S DAY MEAL Beef Wellington 280 Mashed Sweet Potatoes 36 Peas&Pearl Onions 17 Dinner Roll 210 Chocolate Pudding ** 185 <i>cal 1012 carb 125 sod 853</i>	19	 No Meal Delivery Today
22	COLD Lemon Pepper Chicken 403 Potato Salad 5 Cucumber Yogurt 193 Whole Wheat Bread 120 Diced Melon 13 <i>cal 659 carb 77 sod 859</i>	23	Salisbury Steak 370 Roasted Red Potatoes 33 Mixed Greens 149 12 Grain Bread 200 Diced peaches 5 <i>cal 744 carb 84 Sod 882</i>	24	Moroccan Beef Stew 170 Steamed Rice 6 Asparagus 4 WG White Bread 212 Fruit Cocktail 5 <i>cal 567 carb 82 sod 522</i>	25	Pork Roast w/gravy 62 Mashed Potatoes 33 Ratatouille 55 Dinner Roll 210 Apricots 5 <i>cal 630 carb 84 sod 490</i>	26	Swedish Meatballs * 557 Buttered Egg Noodles 11 Italian Blend Vegetables 40 Whole Wheat Bread 120 Strawberry Cup 4 <i>cal 729 carb 91 sod 857</i>
29	Chicken Almondine 226 Ancient grains 214 Brussel Sprouts 14 Oat Nut bread 150 Apple 2 <i>cal 629 carb 89 sod 731</i>	30	Chuckwagon Stew 408 Mashed Potatoes 7 Yellow&green beans 43 Dinner roll 210 Mandarin oranges 4 <i>cal 645 carb 92 Sod 797</i>			HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201			

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.