




Elder Services of Berkshire County - Nutrition Program

MAY 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
<p>HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>				<p>1 Pasta Primavera* 521 Chickpea Tomato Medley 151 Mixed greens 27 Dinner Roll 150 Warm Applesauce 0 <i>Cal 786 Carb 124 Sod 974</i></p>
<p>4 COLD MEAL Southwestern Salad 327 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 705 Carb 65 Sod 739</i></p>	<p>5 Chicken Fajita 495 Confetti Rice 109 Sliced Carrots 17 Torilla shell 220 Banana 0 <i>Cal 622 Carb 95 Sod 966</i></p>	<p>6 Turkey Burger with Tomato Slice 338 Au gratin Potatoes 142 Cauliflower w/pimento 17 Hamburger Bun 320 Diced Pears 5 <i>Cal 590 Carb 82 Sod 947</i></p>	<p>7 Mother's Day Meal Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Brussel Sprouts 14 Dinner Roll 210 Choc Chip Brownie** 117 <i>Cal 699 Carb 94 Sod 901</i></p>	<p>8 Scrambled Egg Patty 266 Asparagus 4 Minestrone Soup 63 Croissant 199 Apricots 5 <i>Cal 568 Carb 64 Sod 662</i></p>
<p>11 Sweet&Sour Pork 228 Steamed rice 6 Broccoli 22 Fortune cookie 0 Dried cranberries 4 <i>Cal 668 Carb 71 Sod 10</i></p>	<p>12 Lasagna w/Meat Sauce 470 Wax Beans 2 Peas with Pimentos 79 Italian Bread 230 Sliced Peaches 6 <i>Cal 749 Carb 107 Sod 912</i></p>	<p>13 Chicken Pomodoro 365 Butter Noodles 8 Lima Beans 59 Whole Wheat Bread 120 Fresh Apple 2 <i>Cal 692 Carb 106 Sod 679</i></p>	<p>14 Shepherd's Pie 96 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt 75 <i>Cal 799 Carb 94 Sod 555</i></p>	<p>15 Chicken stuffed With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Strawberry Cup 0 <i>Cal 729 Carb 108 sod 821</i></p>
<p>18 Chicken Scallopini 226 Israeli Couscous 5 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 <i>Cal 516 Carb 73 Sod 630</i></p>	<p>19 Teriyaki Beef w/ Broccoli 411 Steamed White Rice 4 Peas&carrots 200 12 Grain Bread 200 Pineapple & Mandarins 4 <i>Cal 689 Carb 83 Sod 744</i></p>	<p>20 Roast Pork w/Gravy 88 Sweet Potatoes 36 Spring Blend Vegetables 62 Dinner roll 150 Applesauce 0 <i>Cal 651 Carb 87 Sod 461</i></p>	<p>21 Memorial Day Picnic Low Sodium Hot Dog* 540 Vegetarian Baked Beans 140 Potato Salad 194 Hot Dog Roll 180 Peach Crisp 38 <i>Cal 943 Carb 117 Sod 1217</i></p>	<p>22 COLD MEAL Chicken Salad 251 Ancient Grains Mix 214 New England Slaw 45 1/2 Pita 80 Fresh Orange 0 <i>Cal 781 Carb 78 Sod 715</i></p>
<p>25  No Meal Delivery Today</p>	<p>26 Lexington BBQ Chicken 235 Roasted Potatoes 19 Summer Squash 2 Oat Nut Bread 150 Raisins 4 <i>Cal 617 Carb 86 Sod 535</i></p>	<p>27 COLD MEAL Salmon w/Soy Ginger 241 Rice Salad 22 Cold Spiced Beets 179 12 grain bread 200 Pineapple 1 <i>Cal 653 Carb 97 Sod 768</i></p>	<p>28 Breaded Chix Patty* 517 w/Tomato slice 7 Corn Chowder 96 Sliced Carrots 17 Hamburger Roll 320 Mangos 0 <i>Cal 751 Carb 102 Sod 1082</i></p>	<p>29 Philly Cheese Steak 477 Onions and peppers 9 Buttered Red Potatoes 15 Broccoli 22 Grinder Roll 280 Pears 5 <i>Cal 700 Carb 88 Sod 933</i></p>

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.