



Elder Services of Berkshire County - Nutrition Program

July 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 Cali Chicken Salad 135 Mushroom Barley Soup 44 Broccoli Florets 22 100% Wheat Bread 120 Fruit Crisp 11 <i>cal 571 carb 72 Sod 457</i>		2 PICNIC LUNCH Cheeseburger 401 Corn 11 German Potato Salad 180 Hamburger Bun 320 Bavarian Crème 110 <i>cal 691 carb 79 Sod 1147</i>		3 	
				No Meal Delivery Today					
6 Chicken Meatballs 216 Shells w/ Marinara 52 Green Beans 3 Italian Bread 230 Nectarine 0 <i>cal 612 carb 87 sod 626</i>		7 Asian Pork Casserole 230 Buttered Noodles 11 Steamed red cabbage 13 Chowmein noodles 0 Tropical fruit mix 10 <i>cal 545 carb 77 sod 389</i>		8 Chicken Fajita 262 Rice with Black Beans 28 Broccoli Florets 22 Soft Tortilla shell 173 Diced Pears 5 <i>cal 631 carb 87 sod 615</i>		9 Cold Meal Egg Salad 258 Rice Salad 22 Tomato Cucumber Salad 4 Hot Dog Roll 180 Banana 1 <i>cal 889 carb 92 Sod 590</i>		10 Chicken Picatta 362 Roasted Potatoes 49 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7 <i>cal 720 carb 85 sod 786</i>	
13 Cod Pomodoro 343 Steamed rice 6 Peas w/Mushrooms 180 Oat Nut Bread 150 Pineapple Chunks 1 <i>cal 584 carb 88 sod 805</i>		14 Meatloaf w/gravy 230 Mashed Potatoes 33 Harvard Beets 178 Whole Wheat Bread 120 Applesauce 0 <i>cal 746 carb 83 sod 686</i>		15 BBQ Pulled Pork 312 Vegetarian baked beans 156 Coleslaw 169 Hamburger Bun 320 Fresh Plum 1 <i>cal 746 carb 80 sod 1083</i>		16 Chicken Parmesean 534 Penne w/ marinara sauce 52 Summer Squash 6 Graham Crackers 96 Strawberry Cup 4 <i>cal 794 carb 97 sod 817</i>		17 Cold Meal Turkey Salad 148 Marinated Cuke & Onion 4 3 Bean Salad 199 Hot Dog Bun 320 Diced Mangoes 0 <i>cal 743 carb 87 sod 796</i>	
20 Mac & Cheese 663 Stewed tomatoes 101 French Cut Green Beans 3 Whole Wheat Bread 120 Vanilla Yogurt 50 <i>cal 597 carb 72 sod 1062</i>		21 Cold Meal Chicken Pesto Sandwich & Tomato 426 Carrot Raisin Salad 160 New England Coleslaw 45 Hamburger Bun 320 Fresh Peach 0 <i>cal 674 carb 72 sod 1076</i>		22 Beef Burgundy 69 Buttered Noodles 11 Lima Beans 59 12 Grain Bread 200 Fruit Cocktail 5 <i>cal 818 carb 102 sod 469</i>		23 Chicken Sausage Grinder 494 Armenian Rice Pilaf 5 Summer Vegetables 24 Grinder Roll 280 Craisins 2 <i>cal 652 carb 108 sod 930</i>		24 Sliced Turkey w/Gravy 402 Mashed Sweet Potatoes 30 Broccoli Florets 22 Dinner Roll 210 Melon Chunks 15 <i>cal 487 carb 72 sod 804</i>	
27 Pork Chop Scallopini 187 Mashed Potatoes 33 Fiesta Corn 11 Oat nut bread 150 Warm Applesauce 0 <i>cal 751 carb 74 sod 506</i>		28 Beef Teriyaki w Broccoli 411 Steamed Rice 6 Lyonnaise Carrots 74 12 Grain Bread 200 Madarin Oranges 2 <i>cal 773 carb 83 sod 818</i>		29 L.S.Honey Mustard Ham* 568 Warm Barley 5 Summer squash&Zuchinni 0 Dinner roll 210 Apricots 5 <i>cal 624 carb 105 sod 913</i>		30 Beef Stew 72 Boiled Potatoes 15 Cauliflower w/ Pimento 17 WG White Bread 120 Sugar Free Fruited Jello 95 <i>cal 672 carb 91 sod 444</i>		31 Stuffed Shells 461 Cut green beans 3 Spinach 76 Italian bread 230 Mixed fruit 5 <i>cal 590 carb 85 sod 900</i>	

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.