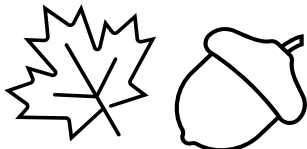


Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 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 Chili 234 White Rice 6 Peas and Carrots 69 cornbread 179 Fresh apple 2 Cal 630 Carb 83 Sod 615	2 Lemon Pepper Chicken 303 Mashed Potatoes 33 Brussel Sprouts 14 Dinner Roll 210 Fruit Cocktail 5 Cal 645 Carb 80 Sod 690	3 Picnic Lower Sodium HotDog* 540 Vegetarian Baked Beans 156 Pasta Salad 235 Hot Dog bun 180 Peach Crisp 11 Cal 623 Carb 81 Sod 1247	4 Cold Meal Chicken Cran Salad 135 3 bean salad 199 Cole slaw 169 Whole Wheat Bread 120 Diced Peaches 10 Cal 806 Carb 112 Sod 758
7 No Meal Delivery 	8 Cheese Lasagna 501 Sonoma Blend 20 Green Beans 3 Graham crackers 96 Applesauce 0 Cal 510 Carb 90 Sod 745	9 Cold Meal Chicken Ceasar Salad 149 Carrot Raisin Salad 160 Pasta Salad 235 Oat nut bread 150 Craisins 5 Cal 545 Carb 71 Sod 824	10 Beef & Pepper Casserole 124 Italian Vegetables 40 Summer Squash 0 Italian Bread 230 Sugar free Gelatin 8 Cal 803 Carb 86 Sod 527	11 Sliced Turkey w/Gravy 458 Mashed Potatoes 33 Mixed Veggies 38 Whole Wheat Bread 150 Apricots 5 Cal 596 Carb 88 Sod 809
14 Beef Stew 72 Sliced Potatoes 19 Cauliflower 11 Mini Biscuit 330 Spiced Apples 11 Cal 732 Carb 88 Sod 568	15 Chicken Tetrazzini 203 Broccoli 22 Carrots 43 Oat Nut Bread 150 Fresh Peach 0 Cal 771 Carb 108 Sod 543	16 Scrambled egg w/ sausage 460 O'Brien Potatoes 6 Asparagus 4 Crossaint 155 Diced Mangoes 0 Cal 543 Carb 74 Sod 750	17 Chicken Puttanesca 331 Barley 5 Spinach 76 12 Grain Bread 200 Mandarin Oranges 7 Cal 543 Carb 74 Sod 744	18 Swedish meatballs 544 Buttered Noodles 8 French Green Beans 3 WG White Bread 120 Applesauce 0 Cal 537 Carb 88 Sod 800
21 Chicken w/Gravy 237 Augratin Potatoes 33 California Blend 17 Whole Wheat Bread 160 Apricots 5 Cal 523 Carb 79 Sod 577	22 Sweet & Sour Pork 495 Savory Rice 8 Lima Beans 59 Multigrain Bread 200 Applesauce 0 Cal 630 Carb 95 Sod 887	23 Salmon/HoneyMustard Sauce 210 Corn Chowder 173 Zucchini w/ pimento 17 Soup crackers 56 Diced Peaches 6 Cal 542 Carb 79 Sod 587	24 Macaroni & Cheese* 663 Stewed Tomatoes 101 Broccoli 22 Oat Nut Bread 150 Banana 1 Cal 649 Carb 85 Sod 1062	25 Homemade Meatloaf 288 Mashed Sweet Potatoes 36 Wax beans 2 Dinner Roll 210 Raisins 4 Cal 560 Carb 86 Sod 665
28 Veal Marsala 650 Mashed Potatoes 33 Fiesta Corn 11 WG white bread 120 Fresh Orange 0 Cal 821 Carb 110 Sod 939	29 Tuscan Chicken Casserole* 613 Lemon Rice 19 Sliced Carrots 43 Oat nut bread 150 Bavarian Cream** 110 Cal 590 Carb 81 Sod 1060	30 Glazed Ham 406 Scalloped Potatoes 30 French Green Beans 3 Dinner Roll 210 Applesauce 0 Cal 537 Carb 88 Sod 774	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.