

Elder Services of Berkshire County - Nutrition Program

OCTOBER 2026

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

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 Chicken Fajita 495 Rice w/Beans 28 Corn 1 Tortilla Shell 173 Apricots 5 Cal 712 Carb 86 Sod 827	2 Sweet & Sour Meatballs 385 Buttered Noodles 8 Peas & Carrots 51 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 535 Carb 76 Sod 694
5 Chicken Puttanesca 430 Sliced Potatoes 15 Monaco Vegetables 7 Italian Bread 230 Fresh Orange 0 Cal 522 Carb 76 Sod 807	6 Beef & Cabbage Casserole 88 Butternut Squash 34 Broccoli Florets 22 Oat Nut Bread 150 Craisins 4 Cal 645 Carb 88 Sod 423	7 Mexican Mac & Cheese* 639 Fiesta Corn 11 Summer Blend 24 WG White Bread 120 Applesauce 0 Cal 720 Carb 90 Sod 919	8 Turkey w/Gravy 402 Mashed Potatoes 33 Capri Blend 22 Dinner roll 210 Mangoes 0 Cal 605 Carb 80 Sod 792	9 Tuna Salad Sandwich 399 Minestrone Soup 63 Sliced Carrots 43 Hot Dog Roll 180 Apple Crisp 11 Cal 670 Carb 76 Sod 821
12 Columbus Day <i>No Meal Delivery Today</i> CLOSED	13 Chicken Picatta 262 Boiled Potatoes 15 Spinach 76 12 Grain Bread 200 Applesauce 0 Cal 526 Carb 71 Sod 678	14 Meatball Grinder 311 Steamed rice 6 California Vegetables 17 6" Grinder roll 280 Tapioca Pudding ** 193 Cal 813 Carb 119 Sod 932	15 Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Mixed Fruit 10 Cal 740 Carb 87 Sod 435	16 Cheese Lasagna 370 Sonoma Blend 20 Peas 66 Italian Bread 230 Diced Peaches 6 Cal 525 Carb 87 Sod 817
19 Hawaiian Chicken* 592 Rice Pilaf 12 Green and Yellow Beans 3 Dinner Roll 210 Melon Cup 13 Cal 584 Carb 82 Sod 955	20 Sloppy Joes 105 Tater Tots 240 Asparagus 4 Hamburger Bun 320 SF Fruited Orange Gelatin 50 Cal 828 Carb 86 Sod 844	21 Roast Pork w/Gravy 79 Mashed Sweet Potatoes 36 Succotash 41 Oat Nut Bread 150 Spiced Apples 11 Cal 725 Carb 98 Sod 442	22 White Chicken Chili 261 Warm Barley 5 Scandanavian Blend Veggies 31 Corn Bread 179 Tropical Fruit Mix 10 Cal 702 Carb 96 Sod 611	23 Chuckwagon Stew 395 Buttered Noodles 8 French cut green beans 3 Dinner roll 210 Applesauce 0 Cal 779 Carb 107 Sod 741
26 Lemon Dill Salmon 150 Butternut Squash Soup 56 Zucchini 2 Whole Wheat Bread 120 Diced Peaches 6 Cal 602 Carb 79 Sod 459	27 Beef Stew 72 Buttered Boiled Potatoes 15 Broccoli&Cauliflower Blend 37 Mini Biscuit 330 Fresh Pear 1 Cal 655 Carb 69 Sod 580	28 Cranberry Glazed Chicken 227 Mashed Sweet Potatoes 30 Antiqua Vegetables 12 Oat Nut Bread 150 Applesauce 0 Cal 653 Carb 104 Sod 544	29 HALLOWEEN LUNCH GHOULASH 94 Harvard Beets 178 Wax Beans 2 WG White Bread 150 Chocolate Pudding** 430 Cal 653 Carb 104 Sod 979	30 Asian Chicken Casserole 247 Steamed Rice 6 Baby Carrots 43 Fortune cookie (2) 0 Pineapple tidbits 1 Cal 653 Carb 104 Sod 422

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.