

Elder Services of Berkshire County - Nutrition Program

NOVEMBER 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	
2		3		4		5		6	
Macaroni & Cheese*	627	Chicken A'la King	133	Chicken Meatballs	216	Roast Beef w/ Gravy	66	Chicken w/Gravy	227
Stewed Tomatoes	101	Steamed White Rice	6	Pasta Shells w/ Sauce	1	Mashed Potatoes	33	Boiled Red Potatoes	4
Peas & Pearl Onions	43	Asparagus	4	Italian Green Beans	3	Sliced Carrots	43	Butternut Squash	34
Multi Grain Bread	200	Whole Wheat Bread	160	Italian Bread	230	Dinner Roll	210	Oat Nut Bread	150
Mandarin Oranges	1	Fruit Cocktail	5	Diced Pears	5	Applesauce	0	Apricot Halves	5
Cal 607 Carb 80 Sod 1097		Cal 619 Carb 78 Sod 433		Cal 612 Carb 80 Sod 580		Cal 627 Carb 84 Sod 477		Cal 770 Carb 96 Sod 545	
9		10		11		12		13	
Calico Bean & Sausage	469	Beef Stroganoff	79			Orange Chicken	229	Veal Parmesan*	702
Steamed White Rice	6	Buttered Noodles	8			Wild Rice Pilaf	60	Penne w/Marinara	2
Mixed Greens	149	Beets and Pearl Onions	7			Capri Blend Vegetables	22	Yellow Squash	0
WG White Bread	120	Multi Grain Bread	200			Oat Nut Bread	150	Whole Wheat Bread	160
Sliced Peaches	6	Fresh Orange	0			Mixed Fruit	10	Spiced Apples	11
Cal 770 Carb 96 Sod 875		Cal 628 Carb 67 Sod 419		NO MEAL DELIVERY TODAY		Cal 585 Carb 92 Sod 596		Cal 863 Carb Sod 1000	
16		17		18		19		20	
BBQ Pulled Pork	312	Salmon Newberg Sauce	391	Beef Patty		Thanksgiving Meal		Chicken Marsala	381
Black Beans & Rice	28	Israeli Couscous	8	w/ Pepper&Onion Gravy	328	Sliced Turkey & Gravy	402	Buttered Noodles	20
New England Slaw	45	Antiqua Vegetables	12	Augratin Potatoes	96	Mashed Potatoes	33	Sonoma Blend	8
Hamburger Bun	320	Dinner Roll	210	Peas&Pimentos	79	Harvest Blend Veggies	47	Multi Grain Bread	200
Fruit Crisp	11	Pineapple Tidbits	1	WG White Bread	120	Snowflake Roll	260	Mangos	0
Cal 693 Carb 98 Sod 841		Cal 550 Carb 82 Sod 747		Raisins	4	Pumpkin Pie **	300	Cal 473 Carb 75 Sod 734	
Cal 693 Carb 98 Sod 841		Cal 550 Carb 82 Sod 747		Cal 708 Carb 86 Sod 627		Cal 903 Carb 133 Sod 1167			
23		24		25		26		27	
Chicken Pesto Sandwich	426	Stuffed Shells w/sauce	461	Beef and Cabbage Casserole	88			Asian Pork Stew	263
Buttered Noodles	8	Spinach	76	Butternut Squash Soup	56			Steamed Brown Rice	3
Winter Blend Vegetables	10	Green & Wax Beans	3	Brussel Sprouts	14			Asparagus	4
Hamburger Bun	320	Italian Bread	230	Oat Nut Bread	150			Whole Wheat Bread	160
Tropical Fruit	10	Sliced Peaches	6	Fresh Apple	2			Fruit Cocktail	5
Cal 630 Carb 81 Sod 899		Cal 607 Carb 92 Sod 901		Cal 579 Carb 75 Sod 435		NO MEAL DELIVERY TODAY		Cal 607 Carb 92 Sod 560	
30									
Moroccan Beef Stew	170								
Mashed Potatoes	33								
Lyonnais Carrots	74								
Multi Grain Bread	200								
Craisins	4								
Cal 579 Carb 75 Sod 606									

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.



If you will not be home when your meal is delivered, please call our Nutrition Hotline.

1-800-981-5201

Happy Thanksgiving