

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

April 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Mixed Vegetables Potato Leek Soup Rye Bread Mixed Fruit	4 Chicken Patty Broccoli Rice Dinner Roll Applesauce	5 Hamburg Stew Green Beans Roasted Potatoes 100% Whole Wheat Bread Pineapple	6 Roast Pork Peas & Pearl Onions Mashed Potatoes Potato Bread **Pudding	7 Macaroni & Cheese Diced Tomatoes Cream of Mushroom Soup Rye Bread Applesauce
10 Swedish Meatball with mushrooms Mixed Greens Noodles Biscuits Peaches	11 Stuffed Pepper Casserole Wax Beans Boiled Potatoes Muli-grain Bread Pears	12 <u>Easter Meal</u> Baked Ham Sweet Potatoes Green Beans Almondine Dinner Roll **Cake	13 Calico Beans w/Sausage Carrots Buttered Noodles Flax Seed Bread Fresh Fruit	14 Baked Fish w tartar sauce Pease & Pimento Wild Rice Wheat Bread **Pudding
17 Patriot's Day	18 Hot Dog Sauerkraut Baked Beans Hot Dog Roll Mixed Fruit	19 Liver & Onions Mixed Vegetables Roasted Potatoes Twelve Grain Bread Fresh Fruit	20 Meatloaf Cut Green Beans Mashed Potatoes Multi-grain Bread **Pudding	21 Lasagna/Meat Sauce Tossed Salad (congr) Italian Beans (mow) Minestrone Soup Italian Bread **Jello
24 Oriental Chicken Chinese Vegetables Rice Pilaf Potato Bread Pears	25 Chef Salad Potato Salad Carrot Raisin Salad Rye Bread **Cake	26 BBQ Pork Beef Barley Soup Sweet Potatoes Wheat Bread **Pudding	27 Beef Stroganoff with mushrooms Peas & Carrots Buttered Noodles 100% Whole Wheat Bread **cookie	28 Roast Turkey Brussel Sprouts Stuffing Dinner Roll Peaches

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION

\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.