

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

FEBRUARY, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose root vegetables for their fiber and nutrients. Root vegetables include beef beets, carrot, celeriac, parsnips, radishes, rutabagas, potatoes and sweet potatoes. The root vegetables that are dark orange are high in Beta Carotene that the body converts to Vitamin A. Potatoes and parsnips contribute Vitamin C to your diet. These vegetables can easily be roasted for additional flavor as well as made into nutritious soups. Since they store well there are local root vegetables available now.</p>				<p>1 Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Buttered Corn Biscuit Peaches w/ Topping</p>
<p>4 Honey Glazed Ham** Sweet Potatoes Mixed Vegetables Rye Bread Pineapple</p>	<p>5 Chicken Tetrazzini Noodles Spinach 100% Whole Wheat Bread Pears</p>	<p>6 Tomato Rice Soup Egg Salad Broccoli Cuts Hot Dog Roll Hot Apple Crisp*</p>	<p>7 Roast Turkey w/Gravy Mashed Potatoes Summer Squash Dinner Roll Pudding*</p>	<p>9 Macaroni & Cheese Stewed Tomatoes Peas Multi Grain Bread Banana</p>
<p>11 Meatballs Ziti w/ Tomato Sauce Italian Beans Steak Roll Mixed Fruit</p>	<p>12 Stuffed Pepper Casserole Brussels Sprouts Winter Squash Sour Dough Bread Applesauce</p>	<p>13 Chicken a la Orange Rice Winter Vegetables 100% Whole Wheat Bread Pudding*</p>	<p>14 Beef Stroganoff Noodles Sweet & Sour Red Cabbage Multi Grain Bread Valentine Cupcakes*</p>	<p>15 Corn Chowder Baked Fish Wedge Roasted Potatoes Rye Bread Pears</p>
<p>18 PRESIDENTS' DAY</p>	<p>19 Oriental Chicken Polynesian Brown Rice Chinese Vegetables 100% Whole Wheat Bread Orange Fortune Cookie</p>	<p>20 Roast Pork w/Gravy Red Roasted Potatoes Succotash Multi Grain Bread Applesauce</p>	<p>21 Beef Barley Soup Tuna Salad Stewed Tomatoes Hamburger Roll Hot Stewed Pears</p>	<p>22 Lasagna Mixed Italian Vegetables Spinach Italian Bread Pudding*</p>
<p>25 Hot Dog** Baked Beans Cole Slaw Hot Dog Roll Hot Peach Pan Dowdy</p>	<p>26 Lentil Soup Pepper Steak Cauliflower au gratin Hamburger Roll Mixed Fruit</p>	<p>27 Stuffed Cabbage Casserole Roasted Potatoes Broccoli Rye Bread Fresh Fruit</p>	<p>28 Roast Chicken w/Gravy Mashed Potatoes Creamed Carrots 100 % Whole Wheat Bread Pudding*</p>	<p>29 Salmon w/ Newburg Sauce Brown Rice Pilaf Winter Squash Multi-grain Bread Pineapple</p>

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.