

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice
 *Modifications for restricted sugar available

JULY 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Fish Broccoli w/cheese sauce Carrots Bread Peaches	3 4th of July Menu Hot Dog German Potato Salad Cole Slaw Hot Dog Roll Watermelon	4 4th of July Closed	5 Barbecue Beef Mashed Potato Green Beans Bread *Pudding	6 Lasagna w/ meat sauce Spinach Corn w/ Pimento Bread Applesauce
9 Chicken Divan Herbed Noodles Zucchini Bread Pineapple	10 Meatloaf Roasted Potatoes Peas w/ Onions Bread Pears	11 Baked Ham Sweet Potato Cauliflower Bread *Pudding	12 Meatballs Ziti Spinach Bread Applesauce	13 Sliced Turkey Potatoes Salad Lettuce & Tomatoes Roll *Gelatin w/ Fruit
16 Veal Parmesan Pasta w/ sauce Spinach Bread Applesauce	17 Egg Salad Macaroni Salad Carrot Raisin Salad Bread Pineapple	18 Roast Pork Roasted Red Potatoes Braised Cabbage Biscuit Peaches	19 Orange Chicken Scalloped Potato Peas w/ Pimento Bread *Pudding	20 Macaroni & Cheese Stewed Tomatoes Broccoli Bread Pears
23 Salisbury Steak Roasted Potato Corn Bread Mixed Fruit	24 Barbecue Pork Sweet Potato Mixed Greens Bread Peaches	25 Beef Stew Boiled Potato Summer Squash Bread *Pudding	26 Roasted Turkey w/ Gravy Stuffing Broccoli Bread Applesauce	27 Chef's Salad Tortellini Salad Three Bean Salad Bread Fresh Fruit
30 Liver & Onions Mashed Potatoes Mixed Vegetables Bread Pears	31 Baked Salmon Brown Rice w/ Lentils Harvard Beets Bread Pineapple			

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.