

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

JUNE 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Liver and Onions Roasted Potatoes Peas Bread Peaches
4 Barbecue Beef Rib Patty Noodles Stewed Tomatoes Bread Peaches	5 Chicken a la king Brown Rice Broccoli Bread Pears	6 Egg Salad Potato Salad Tossed Green Salad Hamburger Roll Applesauce	7 Tuna Noodle Casserole Spinach Summer Squash Bread Pudding*	8 Roast Turkey , Gravy Stuffing Mixed Vegetables Bread Pineapple
11 Meatballs Ziti Italian Green Beans Bread Pineapple	12 Beef Stew Green Beans Cole Slaw Bread Apple Crisp*	13 Lasagna w/ meat sauce Carrots Broccoli Bread Pudding*	14 Salisbury Steak, Gravy Mashed Potato Winter Blend Bread Peaches	15 Father's Day Orange Chicken Roasted Potato Harvard Beets Bread Cake*
18 Chef's Salad Macaroni Salad Fruit Salad Bread Pineapple	19 Baked Ham Scalloped Potato Peas and Carrots Bread Applesauce	20 Hot Dog Baked Beans Saurkraut Hot Dog Roll Watermelon	21 Shepherd's Pie Mashed Potato Mixed Vegetables Bread Pears	22 Barbecue Chicken Roasted Potato Spinach Bread Pudding*
25 Macaroni & Cheese Tomato Medley Green Beans Bread Pears	26 Fish Wedge Wild Rice Blend Broccoli Biscuit Peaches	27 Roast Turkey, Gravy Mashed Potato Peas Bread Fresh Fruit	28 Meat Loaf Au Gratin Potatoes Corn w/ Pimento Bread Pudding*	29 Sweet Sour Pork Buttered Noodles Oriental Vegetables 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