

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

\*Modifications for restricted sugar available \*\*Foods high in sodium

# June 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>Baked Ham w/Sauce**</b> Sweet Potatoes Broccoli Cuts 100 % Whole Wheat Bread Applesauce	<b>3</b> <b>Chicken w/Asparagus</b> Mashed Potatoes Mixed Vegetables Biscuit Peaches w/ Topping	<b>4</b> <b>Chef Salad</b> Tortellini Salad Cole Slaw Oat Bread Fresh Fruit	<b>5</b> <b>Lasagna</b> Summer Squash Mixed Spring Greens Italian Bread Pudding w/ Topping*	<b>6</b> <b>Roast Turkey w/ Gravy</b> Garlic Mashed Potatoes Peas & Pearl Onions Multi Grain Bread Pears
<b>9</b> <b>Salisbury Steak w/Gravy</b> Roasted Potatoes Green Beans Almondine Rye Bread Mixed Fruit	<b>10</b> <b>Baked Chicken</b> Glazed Carrots Succotash 100 % Whole Wheat Bread Pineapple	<b>11</b> <b>Hot Dog**</b> Beans Sauerkraut Hot Dog Roll Applesauce	<b>12</b> <b>Veal Parmesan</b> Ziti Broccoli Cuts Italian Bread Pudding w/Topping*	<b>13</b> <b>FATHER'S DAY MENU</b> <b>Roasted Pork w/Gravy</b> Rosemary Garlic Red Potatoes Butternut Squash Multi Grain Bread Cake
<b>16</b> <b>BBQ Beef w/Sauce</b> Scalloped Potatoes Corn w/Pimento Multi Grain Bread Pears	<b>17</b> <b>Calico Beans</b> Wild Rice Blend Braised Red Cabbage Oat Bread Pudding w/Topping*	<b>18</b> <b>Meatloaf w/Gravy</b> Mashed Potatoes Spinach Dinner Roll Fresh Fruit	<b>19</b> <b>Chicken ala Orange</b> Sweet Potatoes Zucchini Squash 100% Wheat Bread Pineapple	<b>20</b> <b>Salmon Boat w/Sauce</b> Buttered Potatoes Broccoli Cuts Sour Dough Bread Applesauce
<b>23</b> <b>Egg Salad</b> Pasta Salad Carrot Raisin Salad Hamburger Roll Orange	<b>24</b> <b>Baked Fish</b> Potatoes au Gratin Spiced Beets Multi Grain Bread Pears	<b>25</b> <b>Beef Burgundy</b> Buttered Noodles Brussels Sprouts w/Cheese Sauce 100 % Whole Wheat Bread Pudding w/ Topping*	<b>26</b> <b>Roast Turkey w/ Gravy</b> Mashed Potatoes Mixed Vegetables Dinner Roll Applesauce	<b>27</b> <b>Macaroni &amp; Cheese</b> Green Beans Stewed Tomatoes Oat Bread Peaches
<b>30</b> <b>BBQ Pork w/Sauce</b> Boiled Red Potatoes Peas & Carrots Rye Bread Mixed Fruit	Some lunchtime tips to help you choose better lunches: Choose lean protein such as fish, skinless poultry or lean red meat. Choose colorful vegetables such as one dark green and one orange, red or yellow choice. Switch to low fat or skim milk rather than a large soda with 300 calories and no nutritional value. Start with smaller portions and take at least 20 minutes to eat your lunch so you feel full and satisfied.			

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.