

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

March 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Fish Cream of Broccoli Soup Rice Pilaf Potato Bread Mixed Fruit	2 Turkey Dinner Mashed Potatoes French Beans Almondine Flax Seed Bread Fresh Fruit	3 Lasagna Winter Blend Vegetables Tossed Salad (congr) Carrots (mow) 100% Whole Wheat Bread **Cookie
6 Salisbury Steak Wax Beans Boiled Potatoes Twelve Grain Bread Pineapple	7 Chicken Fettuccini Broccoli Noodles Dinner Roll Pears	8 BBQ Pork Braised Cabbage Roasted Potatoes Wheat Bread **Cake	9 Baked Ham Mixed Vegetables Lentil Soup Rye Bread Applesauce	10 Macaroni & Cheese Stewed Tomatoes Green Beans Potato Bread **Pudding
13 Hot Dog Cole Slaw Baked Beans Hot Dog Roll Apple Crisp	14 Beef Stew Spinach Beets Biscuit Peaches	15 Egg Salad Beef Barley Soup Mixed Vegetables Hamburger Roll Fruit Compote	16 Baked Chicken Burtternut Squash Red Potatoes Wheat Bread **Pudding	17 <u>St. Patrick's Day</u> Corn Beef Hash Mixed Irish Vegetables Irish Potatoes Dinner Roll **Lime Jello
20 Meatballs Shells with Sauce Mixed Greens Italian Bread Pears	21 Chicken Cacciatore with mushrooms Green Beans Wild Rice Rye Bread Pineapple	22 Roast Pork Mixed Vegetables Sweet Potatoes Dinner Roll Applesauce	23 Meatloaf Peas & Pearl Onions Mashed Potatoes Wheat Bread **Pudding	24 Tuna Noodle Casserole Broccoli Cuts Chicken Rice Soup Twelve Grain Bread **Jello
27 Veal Patty Ziti with Sauce Tossed Salad (congr) Italian Mixed Veg.(mow) Seeded Roll Mixed Fruit	28 Ham Salad Pea Soup Mixed Greens Hamburger Roll Hot Apple Crisp	29 Roast Turkey Broccoli & Cauliflower Blend Stuffing 100% Whole Wheat Bread **Pudding	30 Chicken & Biscuit Corn & Pimentos Rice Biscuit Peaches	31 Baked Salmon Creamed Carrots Roasted Potatoes Wheat Bread **Smoothie

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

March-06

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