

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

March 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Veal Patty Shells w/ Tomato Sauce Salad (cong.) Italian Green Beans (MOW) Italian Bread Pears	2 Tomato Rice Soup Tuna Salad Peas Hamburger Roll *Hot Fruit Crisp
5 Split Pea Soup Baked Ham Glazed Sweet Potato Bread Pineapple	6 Baked Chicken Wild Rice Blend Broccoli Bread Pears	7 Beef Stew Boiled Potato Green Beans Biscuit Peaches	8 Roast Turkey Mashed Potato Butternut Squash Bread *Pudding	9 Macaroni & Cheese Peas Stewed Tomatoes Bread Applesauce
12 Baked Chicken w/ Almond stuffing Corn Broccoli Bread Pears	13 Pepper Steak Brown Rice Mixed Vegetables Bread Pineapple	14 Meat Loaf Oven Brown Potatoes Yellow Squash Bread Peaches	15 St. Patrick's Day Corned Beef Hash Shamrock Potatoes Mixed Irish Vegetables Bread *Lime jello with fruit	16 Potato Leek Soup Baked Salmon Green Beans Bread *Pudding
19 Barbecue Pork Riblet Sweet Potato Peas Bread Pineapple	20 Stuffed Cabbage Casserole Butternut Squash Green Beans Bread *Cake	21 Vegetable Soup Chicken Cacciatore w/ Mushrooms Broccoli Bread Pears	22 Roast Pork Mashed Potatoes Harvard Beets Bread Applesauce	23 Lasagna Spinach Corn Italian Bread *Pudding
26 Meatballs Ziti Salad (Cong.) Broccoli (MOW) Bread Peaches	27 Chicken w/ Asparagus Mashed Potato Butternut Squash Bread Applesauce	28 Roast Turkey Stuffing Carrots Bread Pineapple	Hot Dog Baked Beans Cole Slaw Hot Dog Roll *Pudding	30 Clam Chowder Baked Fish Wedge Tarter Sauce Spinach Bread *Cookie

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.