

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

**Modifications for restricted sugar available

October 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Veal Patty Ziti with Tomato Sauce Italian Beans Italian Bread Peaches	4 Roast Turkey Butternut Squash Mashed Potatoes Dinner Rolls Pineapple	5 Liver and Onions Peas and Pimentos Roasted Potatoes Wheat Bread Mixed Fruit	6 Pepper Steak Broccoli Cuts Macaroni and Cheese Steak Roll **Cookies	7 Chef Salad Carrot Raisin Salad Three Bean Salad Potato Bread **Pudding
10 Columbus Day	11 Chicken & Asparagus Buttered Corn Rice Pilaf Flax Seed Bread Mixed Fruit	12 Baked Ham Vegetable Soup Sweet Potatoes Rye Bread **Cake	13 Beef Burgundy French Green Beans Noodles Wheat Bread **Pudding	14 Baked Fish Corn Chowder Red Potatoes Biscuit Peaches
17 Chicken Cacciatore with mushrooms Carrots Rice Muffin Pears	18 BBQ Beef Broccoli and Cauliflower Roasted Potatoes Twelve Grain Bread Fresh Fruit	19 Roast Pork Spinach Mashed Potatoes Dinner Roll Applesauce	20 Hot Dog Cole Slaw(mow sauerkraut) Baked Beans Hot Dog Roll Pineapple	21 Stuffed Shells Italian Beans Tossed Salad(MOW: Beets Italian Bread Jell-0
24 Meat Balls & Ziti Tossed Salad Rye bread **Pudding (MOW: Vegetable)	25 Roast Pork Braised Cabbage Sweet Potatoes Wheat Bread **Cake	26 Macaroni and Cheese Spinach Stewed Tomatoes Potato Bread Peaches	27 Baked Chicken Mixed Vegetables Roasted Potatoes Dinner Roll Pears	28 Meatloaf Green Beans Mashed Potatoes Flax Seed Bread Fresh Fruit
31 Ham Salad Pea Soup Wax Beans Hamburger Roll Apple Crisp				

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

Oct-05

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