

Elder Services of Berkshire County - Nutrition Program

Menu subject to change without notice

December, 2006

**Modifications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Fish Au Gratin Potatoes Italian Green Beans Bread Applesauce
4 Cream of Broccoli Soup BBQ Pork Winter Blend Vegetables Bread Pears	5 Chicken w/ Biscuit Mashed Potato Peas Peaches	6 Hot Dog Baked Beans Sauerkraut Hot Dog Roll Pineapple	7 Roast Turkey-gravy Mashed Potato Butternut Squash Bread Pudding*	8 Chili w/ Beans Rice Mixed Vegetables Bread Applesauce
11 Italian Meatballs Ziti Zucchini Bread Pineapple	12 Chicken Cacciatore Oven Roasted Potatoes Tomatoes Bread Applesauce	13 Holiday Dinner Roast Pork Mashed Potato Winter Blend Vegetables Snowflake Roll Trifle*	14 Barbecue Pork Riblett Brussels Sprouts Corn w/ Pepper garnish Bread Peaches	15 Potato Leek Soup Tuna Salad Sandwich Butternut Squash Fruit Compote
18 Hawaiian Ham Sweet Potato Green Beans Bread Pineapple	19 Beef Stroganoff Wild Rice Blend Broccoli Bread Applesauce	20 Minestrone Soup Lasagna w/ Meat Sauce Zucchini Bread Peaches	21 Baked Chicken Mashed Potato Creamed Carrots Bread Pudding*	22 Macaroni & Cheese Stewed Tomatoes Peas Bread Jello w/ Fruit*
25 Happy Holidays	26 Stuffed Cabbage Casserole Butternut Squash Green Beans Bread Cake*	27 Baked Salmon Roasted Red Potatoes Harvard Beets Bread Pears	28 Vegetable Soup Meatloaf Spinach Bread Cookie*	29 Roast Turkey-Gravy Stuffing Broccoli Bread Pudding*

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

2% milk or skim milk served with each meal

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

SUGGESTED VOLUNTARY DONATION

\$2.00 PER MEAL to help defray costs