

Elder Services of Berkshire County - Nutrition Program

JUNE 2022

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HOT LINE</p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>		<p>1</p> <p>Breaded Chicken Patty w/ Tomato slice 337 Corn Chowder 173 Sliced Carrots 43 Hamburger Roll 190 Mangoes 0</p> <p>cal 626 carb 94 sod 868</p>	<p>2</p> <p>Cold Salmon Filet with dill sauce 80 Green Bean Vinaigrette 113 Wild Rice Salad 22 Oat Nut Bread 150 Fresh Orange 0</p> <p>cal 791 carb 94 sod 716</p>	<p>3</p> <p>Philly Steak w/ cheese 370 Onions and peppers 9 Buttered Red Potatoes 4 Broccoli 22 Grinder Roll 280 Apricots 5</p> <p>cal 733 carb 90 sod 815</p>
<p>6</p> <p>Beef Stroganoff 88 Buttered Noodles 11 Brussel Sprouts 14 Dinner Roll 210 Sliced Pears 5</p> <p>cal 783 carb 87 sod 453</p>	<p>7</p> <p>Tuna Salad Sandwich 399 Italian Wedding Soup 303 Asparagus Cuts 4 Hot Dog Roll 180 Apple Crisp 20</p> <p>cal 723 carb 70 sod 1031</p>	<p>8</p> <p>Goulash 94 Sliced Beets 185 Peas and Carrots 69 Italian Bread 230 Sliced Peaches 6</p> <p>cal 690 carb 96 sod 709</p>	<p>9 Veal w/ Peppers and Onions 509 Boiled Gold Potatoes 4 Broccoli Florets 22 Whole Wheat Bread 120 Banana 1</p> <p>cal 746 carb 97 sod 781</p>	<p>10</p> <p>Orange Chicken 229 Steamed White Rice 4 Snap Peas 58 Oat Nut Bread 150 Pineapple & Mandarin Oranges 4</p> <p>cal 589 carb 93 sod 570</p>
<p>13</p> <p>Ravioli w/Marinara 340 Green Bean Almondine 3 Summer Squash 6 12 Grain Bread 200 Fresh Orange 0</p> <p>cal 568 carb 93 sod 674</p>	<p>14</p> <p>Oriental Beef 347 Steamed Brown Rice 5 Oriental Vegetables 18 Whole Wheat Bread 120 Fruit Cocktail 5</p> <p>cal 564 carb 82 sod 620</p>	<p>15</p> <p>Chicken ala King 89 Mashed Potatoes 33 Sanoma Blend Veg 20 Oat Nut Bread 150 Diced Pears 5</p> <p>cal 651 carb 88 sod 422</p>	<p>16 FATHER'S DAY MEAL</p> <p>Pot Roast w/Gravy 100 Mashed Sweet Potatoes 36 Cauliflower w/Pimento 17 Dinner Roll 210 Chocolate Pudding ** 185</p> <p>cal 824 carb 109 sod 673</p>	<p>17 Breakfast Taco Egg w/ Turkey Sausage & Cheese 300 Mashed Potatoes 33 Spinach 76 Whole Wheat Bread 120 Spiced Apples 11</p> <p>cal 546 carb 74 sod 665</p>
<p>20</p> <p>HAPPY JUNETEENTH</p> <p>CLOSED</p>	<p>21</p> <p>BBQ Chicken Breast 457 Sliced Red Potatoes 4 Butternut Squash 34 12 Grain Bread 200 Tropical Fruit Salad 10</p> <p>cal 646 carb 85 sod 830</p>	<p>22</p> <p>Lower Sodium Hotdog 550 Vegetarian Baked Beans 140 Cole Slaw 169 Hot Dog Bun 180 Apple Crisp 20</p> <p>cal 917 carb 89 sod 1184</p>	<p>23</p> <p>Swedish Meatballs 312 Buttered Egg Noodles 11 Italian Blend Vegetable 40 Whole Wheat Bread 120 Mixed Fruit 5</p> <p>cal 724 carb 91 sod 613</p>	<p>24</p> <p>Spanish Rice (beef) 93 Broccoli Florets 22 Wax Beans 4 Tortilla 173 Banana 1</p> <p>cal 727 carb 97 sod 418</p>
<p>27</p> <p>Lemon Chicken 333 German Potato Salad 180 Corn Salsa 11 Whole Wheat Bread 120 Sliced Peaches 6</p> <p>cal 673 carb 90 sod 775</p>	<p>28</p> <p>Pork Roast w/gravy 62 Mashed Sweet Potatoe 36 Ratatouille 55 Dinner Roll 210 Apricots 5</p> <p>cal 630 carb 84 sod 493</p>	<p>29</p> <p>Veal Sorrentino* 887 Buttered Noodles 25 Sliced Carrots 43 Whole Wheat Bread 120 Fresh Plum 0</p> <p>cal 654 carb 80 sod 1182</p>	<p>30</p> <p>Salisbury Steak 410 Mashed Potatoes 33 Mixed Greens 149 12 Grain Bread 15 Honey Dew Melon Chunks 200</p> <p>cal 745 carb 85 Sod 932</p>	

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
 Calories and sodium from salad dressings, margarine, crackers and condiments are not included. ***High Sodium **Modifications for restricted sugar available**
 Nutrition information provided is not exact but will help guide you.

