# Elder Services of Berkshire County - Nutrition Program

# MAY 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 |
|---|---|---|---|---|
| **2**<br>Cod Pomodoro 461<br>Scalloped Potatoes 20<br>Sliced Carrots 43<br>Whole Wheat Bread 120<br>Fresh Orange 0<br>*Cal 479 Carb 78 Sod 769* | **3**<br>Beef Chili 234<br>Brown Rice 3<br>Peas 58<br>Mini Corn Bread Loaf 210<br>Mangoes 0<br>*Cal 773 Carb 108 Sod 630* | **4**<br>Moroccan Beef Stew 170<br>Sweet Potatoes 36<br>Brussel Sprouts 14<br>12 Grain Bread 200<br>Sliced Peaches 6<br>*Cal 715 Carb 99 Sod 551* | **5 Mother's Day Meal**<br>Sliced Turkey w/Gravy 402<br>mashed Potatoes 33<br>Asparagus Cuts 4<br>Whole Wheat Bread 120<br>Cookie** 100<br>*Cal 661 Carb 81 Sod 784* | **6**<br>Sweet N Sour Pork 490<br>Buttered Penne 8<br>Broccoli Florets 22<br>Oat Nut Bread 150<br>Apricots 5<br>*Calorie 690 Carb 98 Sod 800* |
| **9**<br>Chicken Caesar Salad 104<br>Rice Salad 22<br>Carrot Raisin Slaw 160<br>Whole Wheat Bread 120<br>Mandarin Oranges 7<br>*Cal 730 Carb 81 Sod 538* | **10**<br>Beef Stew 72<br>Sliced Gold Potatoes 4<br>Mixed Greens 149<br>Rye Bread 150<br>Applesauce 0<br>*Cal 691 Carb 73 Sod 500* | **11**<br>Chicken Burger 337<br>Au gratin Potatoes 96<br>Cauliflower w/pimento 17<br>Hamburger Bun 320<br>Sliced Pears 5<br>*Cal 608 Carb 80 Sod 900* | **12 GLOBAL TABLE**<br>**Veal Parmesan*** 753<br>Shells w/Marinara Sauce 52<br>Yellow & Green Beans 3<br>Oatnut Bread 150<br>Mixed Fruit 10<br>*Cal 857 Carb 105 Sod 1093* | **13** Chicken stuffed<br>With Broccoli and Cheese 417<br>Sweet Potatoes 36<br>Mixed Vegetables 43<br>Dinner Roll 200<br>Banana 1<br>*Cal 744 Carb 113 sod 822* |
| **16 Berkshire Grown**<br>**Roast Pork w/Gravy** 88<br>**Mashed Potatoes** 33<br>Winter Blend Vegetables 10<br>Oat Nut Bread 150<br>Applesauce 0<br>*Cal 639 Carb 76 Sod 414* | **17**<br>Beef Teriyaki 181<br>Steamed White Rice 4<br>Sliced Carrots 43<br>12 Grain Bread 200<br>Pineapple & Mandarin Oranges 4<br>*Cal 678 Carb 80 Sod 557* | **18**<br>Vegetarian Hoppin John 276<br>Wax Beans 2<br>Asparagus Cuts 3<br>100% Whole Wheat Bread 120<br>Fresh Apple 2<br>*Cal 511 Carb 70 Sod 528* | **19**<br>Meatloaf w/Gravy 284<br>Mashed Potatoes 33<br>Spinach 76<br>Oat Nut Bread 150<br>Blueberry Yogurt ** 75<br>*Cal 839 Carb 98 Sod 743* | **20**<br>***Lasagna w/White Sauce**** 534<br>Tomato Medley 113<br>Peas with Pimentos 79<br>100% Whole Wheat Bread 120<br>Sliced Peaches 6<br>*Cal 620 Carb 99 Sod 977* |
| **23**<br>Chicken Piccata 254<br>Sour Cream Mashed Potato 32<br>Mixed Greens 149<br>Whole Wheat Bread 120<br>Fuit Cocktail 5<br>Cal 486 Carb 65 Sod 685 | **24**<br>Breaded Catfish 118<br>Broccoli Florets 22<br>Potato Leek Soup 23<br>Oat Nut Bread 150<br>Apricots 5<br>Cal 510 Carb 66 Sod 443 | **25**<br>Chef Salad 276<br>Cold Spiced Beets 179<br>12 Grain Bread 200<br>Fresh Orange 0<br>Cal 554 Carb 70 Sod 780 | **26 Memorial Day Picnic**<br>**Low Sodium Hot Dog*** 540<br>Vegetarian Baked Beans 140<br>Sauerkraut 136<br>Hot Dog Roll 180<br>Vanilla Ice Cream Cup ** 46<br>Cal 757 Carb 75 Sod 1167 | **27**<br>Beef Burgundy 68<br>Garlic Mashed Potatoes 33<br>Lyonnaise carrots 74<br>Whole Wheat Bread 120<br>Diced Pears 10<br>Cal 673 Carb 71 Sod 430 |
| **30 MEMORIAL DAY**<br> <br>**Closed** | **31**<br>Chicken Chili 261<br>Black Beans and Rice 28<br>Mixed Greens 149<br>Whole Wheat Bread 120<br>Sliced Peaches 6<br>*cal 694 carb 92 sod 690* | | | **HOT LINE**<br>If you will not be home when your meal is delivered please call our Nutrition Hotline at<br>**1-800-981-5201** |

**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.

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