

Elder Services of Berkshire County - Nutrition Program

DECEMBER 2021

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sponsored in part by: 	1 Chicken Marsala 281 Mashed Sweet Potatoes 36 Cauliflower w/pimento 17 12 Grain Bread 200 Diced Pears 10 Cal 536 Carb 83 Sod 669	2 Veal Parmesan* 752 Penne w/Marinara 53 Peas and Pearl Onions 43 Whole Wheat Bread 120 Mandarin Oranges 7 Cal 880 Carb 107 Sod 1100	3 Oriental Pork Casserole 230 Steamed Rice 5 Asparagus Cuts 4 Italian Bread 230 Applesauce 0 Cal 618 Carb 77 Sod 594
6 Beef Burgundy 68 Mashed Potatoes 33 Broccoli Florets 22 12 Grain Bread 200 Apricots 5 Cal 759 Carb 83 Sod 453	7 Chicken & Gravy* 507 Boiled Red Potatoes 4 Steamed Cabbage 13 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 563 Carb 63 Sod 774	8 Beef Chili 234 Steamed Rice 6 Mixed Greens 149 Corn bread 210 Peaches 6 Cal 796 Carb 110 Sod 730	9 Baked Pollock Loin 97 Buttered Noodles 8 Sliced Carrots 43 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 589 Carb 82 Sod 433	10 Greek Chicken Casserole 388 Boiled Gold Potatoes 4 Harvard Beets 178 12 Grain Bread 200 Clementines 1 Cal 563 Carb 81 Sod 896
13 Chicken Cacciatore 230 Brown Rice 5 Tuscan Vegetables 48 Whole Wheat Bread 120 Sliced Pears 5 Cal 490 Carb 73 Sod 534	14 Shepherd's Pie 75 Mashed Potatoes 33 Peas and Carrots 69 Oat Nut Bread 150 Applesauce 0 Cal 717 Carb 89 Sod 452	15 Egg & Turkey Taco 410 O'Brien Potatoes 7 Broccoli Florets 22 12 Grain Bread 200 Banana 1 Cal 614 Carb 91 Sod 765	16 HOLIDAY DINNER Roast Beef w/Gravy 106 Mashed Potatoes 33 Mixed Root Vegetables 99 Snowflake Roll 250 Cheesecake ** 220 Cal 850 Carb 99 Sod 833	17 Ravioli w/Meat Sauce 272 Spinach 76 Brussel Sprouts 14 Italian Bread 230 Sliced Peaches 6 Cal 522 Carb 79 Sod 723
20 Baked Breaded Pollock 190 Scalloped Potatoes 20 Mixed Vegetables 43 12 Grain Bread 200 Tropical Fruit Mix 10 Cal 654 Carb 99 Sod 588	21 Beef Stew 72 Boiled Gold Potatoes 4 California Blend Veg 17 Biscuit 220 Diced Pears 10 Cal 697 Carb 75 Sod 448	22 Butternut Mac & Cheese 373 Cream of Tomato Soup 262 Green Beans 3 Oat Nut Bread 150 Caramel Bavarian** 110 Cal 662 Carb 82 Sod 1023	23 Roast Pork w/Gravy 62 Mashed Sweet Potatoes 36 Mixed Greens 149 Whole Wheat Bread 120 Fresh Apple 2 Cal 649 Carb Sod 494	24 CHRISTMAS EVE  Happy Holidays Closed
27 BBQ Chicken Breast 461 Mashed Potatoes 33 Lyonnais Carrots 74 Oat Nut Bread 150 Sliced Peaches 6 Cal 663 Carb 88 Sod 849	28 Beef Spanish Rice 93 Beef Taco Soup 57 Cauliflower 11 Tortilla Shell 170 Tropical Fruit Mix 10 Cal 735 Carb 86 Sod 466	29 Chicken Salad Sandwich 251 Italian Wedding Soup 303 Capri Blend Vegetables 22 Hot Dog Roll 180 Fruit Crisp 11 Cal 816 Carb 71 Sod 892	29 Turkey with Cran-Orange Glaze* 465 Red Potatoes 4 Asparagus Cuts 4 12 Grain Bread 200 Spiced Apples 11 Cal 629 Carb 103 Sod 809	31 NEW YEAR'S EVE  Happy Holidays Closed

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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