

Elder Services of Berkshire County - Nutrition Program

MAY 2017

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
1 Chicken Breast w/Gravy Mashed Potatoes Carrots Oat Nut Bread Cold Spiced Apples	2 Roast Pork w/Gravy Sweet Potatoes Broccoli Dinner Roll Applesauce	3 Veal Parmesan Penne w/Sauce Spinach Italian Bread Pineapple Tidbits	4 Baked Breaded Pollock Roasted Potatoes Corn 100% Wheat Bread Fruited Gelatin*	5 CINCO de MAYO Beef Chili Black Beans and Rice Cauliflower w/Pimiento Rye Bread Mixed Fruit
8 Salisbury Steak Roasted Potatoes Mixed Vegetables Multigrain Bread Fresh Apple	9 Chicken Cacciatore Egg Noodles Wax Beans Italian Bread Diced Peaches	10 Egg Salad Cream of Cabbage Soup Sugar Snap Peas Hot Dog Roll Apple Crisp	11 MOTHER'S DAY Roast Turkey w/Gravy ** Mashed Potatoes Winter Squash Dinner Roll Vanilla Pudding*	12 Chicken w/Asparagus Brown Rice Pilaf Peas and Carrots 100% Whole Wheat Tropical Fruit Salad
15 Macaroni & Cheese Stewed Tomatoes Green Beans Almondine Oat Nut Bread Butterscotch Pudding*	16 Swedish Meatballs Brown Rice Mixed Greens 100% Whole Wheat Bread Mixed Fruit	17 Meatloaf w/Gravy Mashed Potatoes Peas and Pearl Onions Dinner Rolls Apricots	18 Chicken w/Orange Sauce Roasted Potatoes Mixed Vegetables Rye Bread Banana	19 Beef Stroganoff Egg Noodles Green Beans 12 Grain Bread Pineapple Tidbits
22 Shepherd's Pie Mashed Potatoes Winter Squash Whole Grain Biscuit Diced Pears	23 Tuna Salad Tossed Salad Pasta Salad Hot Dog Roll Blueberry Snack Loaf*	24 Chicken Piccata Wild Brown Rice Beets 12 Grain Bread Fresh Orange	25 Beef Stew Mashed Potatoes Broccoli Dinner Roll Vanilla Yogurt*	26 MEMORIAL DAY Cheeseburger Roasted Potatoes Peas and Mushroom Hamburg Roll Ice Cream*
29 Memorial Day Observed	30 Hot Dog w/Roll Vegetarian Baked Beans Coleslaw Peach Crisp	31 Baked Trout Roasted Potatoes Spinach 100% Whole Wheat Bread Mixed Fruit		

Dietary Information: All meals include 1% Milk

**Modifications for restricted sugar available

HOME DELIVERED MEALS: If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.