

Elder Services of Berkshire County - Nutrition Program

JANUARY 2018

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 NEW YEAR'S HOLIDAY	2 Chicken w/Orange Sauce Mashed Potatoes Spinach 12 Grain Bread Tropical Fruit Mix	3 Salisbury Steak Egg Noodles Peas and Carrots Oat Nut Bread Applesauce	4 Tuna Salad Sandwich Calico Bean Soup Winter Blend Vegetables Hot Dog Roll Apple Crisp	5 Beef Stew Roasted Potatoes Brussels Sprouts Dinner Roll Apricot
8 Chicken w/Gravy Sliced Roasted Potatoes Broccoli 12 Grain Bread Diced Pears	9 Baked Pollock Rice Pilaf Carrots Rye Bread Fresh Orange	10 Curry Chicken Mashed Potatoes Italian Beans 100% Whole Wheat Bread Diced Peaches	11 Italian Meatballs Penne Pasta w/Sauce Mixed Greens Bread Sticks Pineapple & Mandarin Oranges	12 Roast Pork w/Gravy Mashed Sweet Potatoes Peas and Pearl Onions 100% Whole Wheat Bread Applesauce
15 MARTIN LUTHER KING DAY	16 BBQ Pork Rib Black Beans & Rice Brussels Sprouts w/Cheese Oat Nut Bread Apricots	17 Chicken Bruschetta Roasted Potatoes Broccoli 12 Grain Bread Fruit Cocktail	18 Salmon Boat w/Newburg Sauce Brown Rice w/Orzo Braised Red Cabbage Rye Bread Pear	19 Chicken Cacciatore Egg Noodles Spinach Wheat Bread Fresh Orange
22 Meatloaf w/Gravy Roasted Potatoes Mixed Vegetables 100% Whole Wheat Bread Tropical Fruit Salad	23 Chicken Almondine Mashed Potatoes Carrots 12 Grain Bread Mixed Fruit	24 Calico Beans & Sausage Egg Noodles Green Beans Oat Nut Bread Orange	25 Beef Chili Brown Rice Broccoli Corn Muffin Fruit Compote	26 Roast Turkey w/Gravy Mashed Potatoes Cauliflower Dinner Roll Diced Peaches
29 Macaroni & Cheese Stewed Tomatoes Peas Oat Nut Bread Fresh Apple	30 Beef Stroganoff Egg Noodles Winter Squash 12 Grain Bread Tropical Fruit Salad	31 Shepherd's Pie Mashed Potatoes Mixed Greens 100% Whole Wheat Bread Fruited Gelatin **		

Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium

*High Sodium **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.