

Elder Services of Berkshire County - Nutrition Program

MAY 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 Egg Salad 276 Minestrone Soup 84 Broccoli 22 Hot Dog Roll 320 Tossed Salad (Congregate) Pineapple Tidbits 1 <i>Calories: 786 Sodium: 828</i>	2 Homemade Meatloaf w/Gravy 304 Mashed Potatoes 97 Peas 58 Oat Nut Bread 230 Apricots 5 <i>Calories: 893 Sodium: 819</i>	3 Eggplant Parmesan 460 WW Penne w/Tomato Sauce 55 Broccoli 22 Italian Bread 230 Tossed Salad (Congregate) Fresh Orange <i>Calories: 605 Sodium: 892</i>	4 Chuckwagon Chili 395 Black Beans and Rice 19 Carrots 64 Corn Bread 291 Applesauce 15 <i>Calories: 659 Sodium: 909</i>
7 Shepherd's Pie 72 Mashed Potatoes 97 Peas and Pearl Onions 68 Oat Nut Bread 230 Banana 1 <i>Calories: 794 Sodium: 593</i>	8 Orange Chicken 71 Sweet Potatoes 35 Steamed Red Cabbage 20 100% Whole Wheat Bread 150 Diced Pears 5 <i>Calories: 697 Sodium: 406</i>	9 Baked Breaded Pollock 222 Rice with Lentils 19 Mixed Vegetables 64 12 Grain Bread 200 Pineapple and Mandarin Oranges <i>Calories: 784 Sodium: 630</i>	10 Mother's Day Roast Turkey & Gravy 497 Mashed Potatoes 97 Winter Squash 2 Dinner Roll 160 Black Forest Cake ** 335 (HIGH SODIUM MEAL) <i>Calories: 860 Sodium: 1216</i>	11 New Item! Vegetable Lasagna w/Sauce 471 Cauliflower 14 Green Beans 3 12 Grain Bread 200 Tossed Salad (Congregate) Diced Peaches 5 <i>Calories: 576 Sodium: 818</i>
14 Beef Stew 285 Roasted Potatoes 49 Beets 140 Dinner Roll 160 Fresh Orange <i>Calories: 748 Sodium: 759</i>	15 Calico Beans and Sausage 198 Steamed Brown Rice 5 Winter Blend Vegetables 10 Oat Nut Bread 230 Apricots 5 <i>Calories: 710 Sodium: 573</i>	16 Roast Pork w/Gravy * 645 Sweet Potatoes 35 Seasoned Brussels Sprouts 69 100% Whole Wheat Bread 150 Mixed Fruit 6 <i>Calories: 704 Sodium: 1030</i>	17 Chicken Asparagus 55 Roasted Potatoes 49 Carrots 43 12 Grain Bread 200 Tropical Fruit Salad 10 <i>Calories: 609 Sodium: 482</i>	18 Macaroni and Cheese 397 Stewed Tomatoes 186 Peas and Pimientos 64 Wheat Bread 115 Fruited Gelatin w Topping ** 50 <i>Calories: 708 Sodium: 937</i>
21 Breaded Chicken Parmesan 180 WW Penne w/Tomato Sauce 55 Cauliflower w/Pimientos 13 100% Whole Wheat Bread 150 Fruit Cocktail 5 <i>Calories: 603 Sodium: 528</i>	22 Baked Haddock 296 Roasted Potatoes 309 Mixed Greens 53 100% Whole Wheat Bread 150 Fresh Apple 1 <i>Calories: 492 Sodium: 934</i>	23 Chicken Piccata 417 Mashed Potatoes 97 Sonoma Mixed Vegetables 41 12 Grain Bread 200 Diced Peaches 5 <i>Calories: 690 Sodium: 885</i>	24 Memorial Day Hot Dog * 540 Vegetarian Baked Beans 140 Sauerkraut 195 Hot Dog Bun 320 Ice Cream ** 46 (HIGH SODIUM MEAL) <i>Calories: 800 Sodium: 1366</i>	25 Swedish Meatballs 375 Rice Pilaf 109 Brussels Sprouts 69 Oat Nut Bread 230 Apricots 5 <i>Calories: 758 Sodium: 913</i>
28 MEMORIAL DAY	29 BBQ Chicken Breast Filet 485 Mashed Potatoes 97 California Blend Vegetable 17 12 Grain Bread 200 Diced Pears 5 <i>Calories: 616 Sodium: 929</i>	30 Beef Burgundy 84 Egg Noodles 4 Winter Squash 2 100% Whole Wheat Bread 150 Fresh Orange <i>Calories: 657 Sodium: 365</i>	31 Veal w/Peppers & Onions 490 Mixed Greens 53 Carrots 62 Oat Nut Bread 230 Banana 1 <i>Calories: 735 Sodium: 961</i>	

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.

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.