

# Elder Services of Berkshire County - Nutrition Program

NOVEMBER 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 <b>Tuna Salad</b> Cream of Tomato Soup Mixed Greens Hot Dog Roll Peach Crisp	2 <b>Beef Burgundy</b> Mashed Potatoes Mixed Vegetables 100% Whole Wheat Bread Diced Pears	3 <b>Chicken and Biscuit</b> Egg Noodles French Style Green Beans Whole Grain Biscuit Pineapple Chunks (VC)
6 <b>Sloppy Joe</b> Au gratin Potatoes Corn with Pimiento Hamburg Bun Apricots	7 <b>Roast Pork w/Gravy</b> Mashed Sweet Potatoes Broccoli Oat Nut Bread Applesauce	8 <b>NEW ITEM</b> <b>Puttanesca Style Chicken</b> Egg Noodles Green Beans 12 Grain Bread Tropical Fruit Mix	9 <b>Meatballs</b> Shells with Sauce Spinach Tossed Salad (Congregate) Italian Bread Fresh Orange	10 <b>VETERAN'S DAY</b> <b>CLOSED</b>
13 <b>Hot Dogs</b> Vegetarian Baked Beans Cole Slaw Hot Dog Roll Apple Crisp	14 <b>Chicken Almondine</b> Scalloped Potatoes Peas and Pearl Onions 12 Grain Bread Apricots	15 <b>Beef Chili</b> Brown Rice Cauliflower Corn Muffins Mixed Fruit	16 <b>THANKSGIVING</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Mixed Root Vegetables Snow Flake Rolls Cranberry Sauce Pumpkin Pie **	17 <b>Krabby Patty w/Newburg Sauce</b> Rice Pilaf Mixed Greens w/Tomato Oat Nut Bread Tropical Fruit Mix
20 <b>Chicken w/Orange Sauce</b> Roasted Potatoes Broccoli 12 Grain Bread Diced Pears	21 <b>Spanish Rice w/Hamburg</b> Carrots Spinach Rye Bread Fresh Orange	22 <b>Macaroni and Cheese</b> Stewed Tomatoes Peas with Mushrooms Wheat Bread Apricots	23 <b>THANKSGIVING DAY</b>  <b>CLOSED</b>	24  <b>CLOSED</b>
27 <b>Salmon Boat w/Newburg Sauce</b> Sliced Roasted Potatoes Beets Dinner Roll Applesauce	28 <b>Veal w/Pepper &amp; Onions</b> Mashed Sweet Potatoes Broccoli 100% Whole Wheat Bread Chocolate Pudding **	29 <b>Chicken Cacciatore</b> Mashed Potatoes Carrots Tossed Salad (Congregate) Italian Bread Diced Peaches	30 <b>Tuna Noodle Casserole</b> Corn Mixed Greens Rye Bread Pineapple Chunks with Mandarin Oranges	

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