



# Elder Services of Berkshire County - Nutrition Program

# JANUARY 2019

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
 <b>MEALS ON WHEELS</b> BERKSHIRE COUNTY	<b>1</b>  CLOSED Happy New Year!!!	<b>2</b>  <b>Beef Stroganoff</b> 151 Buttered Noodles 39 Broccoli Florets 22 Oat Nut Bread 230 Diced Pears 5  <i>Calories: 678 Sodium: 572</i>	<b>3</b>  <b>Stuffed Shells w/Marinara Sauce</b> 344 Mixed Greens 149 Peas & Carrots 72 Italian Bread 230 Mixed Fruit 3  <i>Calories: 550 Sodium: 923</i>	<b>4</b>  <b>Orange Chicken</b> 309 White Rice 4 Green Beans Almondine 3 100% Wheat Bread 138 Diced Peaches 5  <i>Calories: 594 Sodium: 584</i>
	<b>7</b>  <b>Salmon Strips</b> 150 <b>with Newberg Sauce</b> 324 Roasted Potatoes 6 Broccoli 22 12 Grain Bread 200 Fig Bar ** 35  <i>Calories: 762 Sodium: 862</i>	<b>8</b>  <b>Roast Pork w/Gravy</b> 143 Mashed Potatoes 97 Carrots 43 Dinner Roll 160 Applesauce 15  <i>Calories: 623 Sodium: 583</i>	<b>9</b>  <b>Swedish Meatballs</b> 300 Parslied Buttered Potatoes 28 Mixed Vegetables 43 100% Whole Wheat Bread 138 Fresh Orange 0  <i>Calories: 698 Sodium: 634</i>	<b>10</b>  <b>Chicken Broccoli Alfredo *</b> 565 Stewed Tomatoes 101 Italian Green Beans 3 Oat Nut Bread 230 Diced Pears 5  <i>Calories: 690 Sodium: 1029</i>
<b>14</b>  <b>Beef Burgundy</b> 59 Mashed Potatoes 97 Lyonnaise Carrots 74 Dinner Roll 160 Fruit Cocktail 5  <i>Calories: 712 Sodium: 520</i>	<b>15</b>  <b>Veal Parmesan</b> 428 Rotini w/Marinara Sauce 55 Broccoli Florets 22 Italian Bread 230 Diced Peaches 5  <i>Calories: 750 Sodium: 865</i>	<b>16</b>  <b>Curry Chicken</b> 62 Steamed Brown Rice 5 Brussel Sprouts 68 12 Grain Bread 200 Apricots 10  <i>Calories: 785 Sodium: 470</i>	<b>17</b>  <b>Beef &amp; Cabbage Casserole</b> 88 Mashed Potatoes 97 Beets w/Orange Glaze 179 100% Wheat Bread 138 Sliced Spiced Apples 15  <i>Calories: 692 Sodium: 642</i>	<b>18</b>  <b>Lentil Stew</b> 104 Mixed Greens 149 California Blend Vegetables 17 Oat Nut Bread 230 Diced Pears 5  <i>Calories: 542 Sodium: 630</i>
<b>21</b>  CLOSED Martin Luther King Day	<b>22</b>  <b>Glazed Chicken Drumstick</b> 290 Buttered Wide Noodles 39 Red Cabbage w/Apples 37 12 Grain Bread 200 Fruit Cocktail 5  <i>Calories: 572 Sodium: 696</i>	<b>23</b>  <b>Sloppy Joe</b> 91 Roasted Potatoes 49 Carrots 43 Hamburger Bun 230 Sliced Peaches 5  <i>Calories: 648 Sodium: 543</i>	<b>24</b>  <b>Breaded Baked Pollock</b> 190 Wild Rice Pilaf 60 Winter Squash 48 100% Whole Wheat Bread 138 Fresh Apple 1  <i>Calories: 657 Sodium: 562</i>	<b>25</b>  <b>Roast Turkey w/Gravy *</b> 617 Sweet Potatoes 30 Italian Mixed Vegetables 36 Dinner Roll 160 Pineapple & Mandarin Oranges 4  <i>Calories: 572 Sodium: 972</i>
<b>28</b>  <b>Chicken Strips w/ Puttanesca Sauce</b> 404 Steamed Brown Rice 5 Mixed Greens 149 100% Whole Wheat Bread 138 Diced Peaches 5  <i>Calories: 576 Sodium: 826</i>	<b>29</b>  <b>Omelet w/Cheese (2)</b> 420 Roasted Potatoes 49 Peas & Pearl Onions 34 Oat Nut Bread 230 Fresh Orange 0  <i>Calories: 671 Sodium: 858</i>	<b>30</b>  <b>Vegetable Lasagna Roll w/White Sauce</b> 409 Split Pea Soup 42 Broccoli & Cauliflower Blend 15 100% Whole Wheat Bread 138 Applesauce 14  <i>Calories: 568 Sodium: 743</i>	<b>31</b>  <b>Chicken Almondine</b> 101 Mashed Potatoes 97 Carrots 43 12 Grain Bread 200 Sliced Pears 5  <i>Calories: 677 Sodium: 571</i>	Sponsored in part by:   <b>GREYLOCK</b> FEDERAL CREDIT UNION

**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.