

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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	Chicken Breast 320 w/ Puttanesca Sauce 119 Roasted Potatoes 6 Italian Mixed Vegetables 41 12 Grain Bread 200 Applesauce 14 Calories: 580	2	Ravioli w/Marinara 308 Peas and Pearl Onions 68 Wax Beans 3 Tossed Salad for Congregate 9 Italian Bread 230 Tropical Fruit Mix 10 Calories: 615	3	Roast Turkey w/Gravy 497 Mashed Potatoes 31 Lyonnaise Carrots 74 Dinner Roll 210 Fresh Apple 1 Calories: 534	4	Veal Marsala 448 Rice Pilaf 11 Spinach 76 100% Whole Wheat Bread 138 Mixed Fruit 6 Calories: 562	5	Salisbury Steak 440 Mashed Sweet Potatoes 30 Winter Blend Vegetables 36 Oat Nut Bread 230 Diced Pears 5 Calories: 562		
8	COLUMBUS DAY	9	Baked Haddock Cacciatore 366 Boiled Parslied Potatoes 28 Broccoli Florets 22 12 Grain Bread 200 Blueberry Yogurt ** 75 Calories: 572	10	French Toast w/ Syrup * 343 Chicken Sausage Patties 206 Potato Wedges w/Red & Green Pepper 27 Warm Applesauce 14 Calories: 652	11	Tuna Noodle Casserole 263 Zucchini Squash 2 Mixed Greens 149 Rye Bread 150 Fresh Pear 2 Calories: 606	12	Chicken w/Orange Sauce 426 Steamed Brown Rice 85 Mixed Vegetables 133 100% Wheat Bread 138 Pineapple Chunks 1 Calories: 829		
15	Beef Stroganoff 151 Mashed Potatoes 31 Green Beans 2 Oat Nut Bread 230 Apricots 10 Calories: 675	16	New Item Grilled Chicken Burger w/ Tomato Slice 451 Potato Puffs 414 Meadow Blend Vegetables 133 Hamburg Roll 320 Fresh Orange 0 Calories: 815	17	Macaroni and Cheese * 627 Stewed Tomatoes 101 Peas and Mushrooms 67 100% Whole Wheat Bread 138 Diced Pears 5 Calories: 613	18	Sage Stuffed Chicken w/Gravy 437 Roasted Potatoes 49 Steamed Cabbage 6 100% Whole Wheat Bread 138 Spiced Apple Slices 5 Calories: 632	19	Beef & Cabbage Casserole 64 Carrots 62 Cauliflower 14 Dinner Roll 210 Banana 1 Calories: 583		
22	Chicken ala King 365 Egg Noodles 4 California Blend Vegetables 20 Whole Grain Biscuit 440 Diced Peaches 5 Calories: 685	23	Meatloaf w/Gravy 253 Mashed Potatoes 31 Green Beans 3 12 Grain Bread 200 Blueberry Snack N Loaf 160 Calories: 637	24	Chicken w/BBQ Sauce * 661 Roasted Potatoes 49 Butternut Squash 48 Dinner Roll 200 Apricots 0 Calories: 663	25	Stir Fry Beef 430 Steamed White Rice 4 Broccoli 22 12 Grain Bread 210 Mandarin Oranges 6 Calories: 588	26	Roast Pork w/Apricot Glaze 140 Mashed Potatoes 31 Peas and Carrots 51 Oat Nut Bread 230 Applesauce 14 Calories: 644		
29	Vegetarian Wheat Chili * 636 Steamed Brown Rice 85 Sonoma Blend Vegetables 43 12 Grain Bread 200 Diced Pears 5 Calories: 628	30	Chicken Almondine 426 Mashed Potatoes 31 Mixed Vegetables 133 Oat Nut Bread 230 Fresh Apple 1 Calories: 779	31	HALLOWEEN Goulash 94 Broccoli 22 100% Wheat Bread 138 Peach Crisp 6 Calories: 674						

Dietary Information: All meals include 1% Milk 100 calories/125 mg sodium
 Calories and sodium from salad dressings, margarine, crackers and condiments
 are not included. *High Sodium entree **Modifications for restricted sugar availab
 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.