

Elder Services of Berkshire County - Nutrition Program

MARCH 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 BBQ Bone-In Chicken Red Beans & Rice <i>Winter Blend</i> 12 Grain Bread Orange	2 Cheese Stuffed Shells w/Marinara Sauce Peas Mixed Greens Italian Bread Banana
5 Goulash Broccoli Mixed Vegetables 100% Whole Wheat Bread Diced Pears	6 Chicken w/Orange Sauce Mashed Sweet Potatoes Beets Rye Bread Applesauce	7 Beef Stroganoff Egg Noodles Broccoli Whole Grain Biscuit Diced Peaches	8 Shepherd's Pie Mashed Potatoes Winter Squash Wheat Bread Fruit Cocktail	9 Baked Haddock Brown Rice w/Lentils Cauliflower w/Red Pepper Oat Nut Bread Butterscotch Pudding **
12 <i>New Item!</i> Philly Steak Sub w/Onions, Peppers and Cheese Sauce Baked Beans Carrots Sub Roll Orange	13 Turkey w/Cranberry Orange Glaze Mashed Potatoes Sugar Snap Peas Whole Grain Dinner Roll Diced Pears	14 Chicken Parmesan Penne Pasta w/Sauce Green Beans 12 Grain Bread Tropical Fruit Mix	15 <i>St. Patrick's Day</i> Corned Beef Hash Steamed Cabbage Irish Mixed Vegetables Pumpernickel Bread Green Gelatin w/Fruit	16 <i>New Item!</i> Vegetarian Chili Cauliflower Spinach 100% Whole Wheat Bread Diced Peaches
19 Chicken Puttanesca Egg Noodles Winter Blend Vegetables Oat Nut Bread Apricots	20 Pork Roast w/Gravy Rice Pilaf Mixed Greens 100% Whole Wheat Bread Chocolate Pudding **	21 Veal w/Peppers and Onions Roasted Potatoes Carrots Wheat Bread Orange	22 Sage Stuffed Chicken w/Gravy Mashed Potatoes Butternut Squash 12 Grain Bread Mixed Fruit	23 Macaroni & Cheese Stewed Tomatoes Peas Oat Nut Bread Diced Pears
26 <i>New Item!</i> Moroccan Beef Stew Roasted Potatoes Green Beans Tossed Salad (Congregate) 100% Whole Wheat Bread Mandarin Oranges/Pineapple	27 Homemade Meatloaf w/Gravy Mashed Potatoes Carrots 12 Grain Bread Yogurt **	28 Chicken Marsala Brown Rice Pilaf Butternut Squash Wheat Bread Applesauce	29 EASTER MEAL Baked Ham* Raisin Sauce Sweet Potatoes Broccoli Dinner Roll Vanilla Pudding **	30 GOOD FRIDAY Baked Pollock O'Brien Potatoes Corn Rye Bread Tropical Fruit Mix

Dietary Information: All meals include 1% Milk

*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.