

# Elder Services of Berkshire County - Nutrition Program

# AUGUST 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
	<b>1</b> <b>Calico Beans and Sausage</b> Brown Wild Rice Sugar Snap Peas 12 Grain Bread Fresh Orange	<b>2</b> <b>Tuna Salad</b> Carrot Raisin Salad 3 Bean Salad Hot Dog Bun Tropical Fruit Mix	<b>3</b> <b>Italian Meatballs</b> Penne w/Sauce Wax Beans Tossed Salad Italian Bread Spiced Apples	<b>4</b> <b>Chicken w/Gravy</b> Mashed Potatoes Broccoli 100% Whole Wheat Bread Diced Peaches
<b>7</b> <b>NEW ITEM</b> <b>Chicken Chili</b> Peas and Carrots Brown Rice Corn Muffins Tropical Fruit Mix	<b>8</b> <b>Roast Pork &amp; Gravy</b> Mashed Potatoes Winter Squash Dinner Roll Applesauce	<b>9</b> <b>Pepper Casserole</b> Roasted Potatoes Mixed Vegetables 12 Grain Bread Fresh Orange	<b>10</b> <b>Chicken Almondine</b> Egg Noodles Broccoli 100% Whole Wheat Bread Fruited Yogurt**	<b>11</b> <b>Hot Dog</b> Vegetarian Baked Beans Cole Slaw Hot Dog Roll Fruit Crisp
<b>14</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Winter Squash Dinner Roll Cold Spiced Apples	<b>15</b> <b>Chicken w/Orange Sauce</b> Egg Noodles Brussels Sprouts w/Cheese 12 Grain Bread Apricots	<b>16</b> <b>Salmon Boat w/Newburg Sauce</b> Roasted Potatoes Carrots 100% Whole Wheat Bread Fruit Bread**	<b>17</b> <b>Chef Salad</b> Coleslaw Corn, Black Bean & Tomato Salad Rye Bread Banana	<b>18</b> <b>Pepper Steak</b> Mashed Potato Peas Oat Nut Bread Diced Pears
<b>21</b> <b>Oriental Pork Casserole</b> Brown Rice Spinach Rye Bread Fruit Cocktail Orange	<b>22</b> <b>Beef Stroganoff</b> Mashed Potatoes Carrots Oat Nut Bread Diced Peaches	<b>23</b> <b>Chicken Parmesan</b> Shells with Sauce Winter Blend Italian Bread Tropical Fruit Mix	<b>24</b> <b>BBQ Pork Riblet</b> Au Gratin Potatoes Peas and Pearl Onions 100% Whole Wheat Bread Chocolate Pudding w/Topping**	<b>25</b> <b>Egg Salad</b> Tossed Salad Pasta Salad Hot Dog Roll Nectarine Orange Juice
<b>28</b> <b>Chicken Piccata</b> Scalloped Potatoes Corn w/Pimiento Oat Nut Bread Ice Cream**	<b>29</b> <b>Baked Trout</b> Sweet Potatoes Broccoli 12 Grain Bread Pineapple Chunks	<b>30</b> <b>Chicken Salad</b> Potato Salad Cold Spiced Beets Hot Dog Roll Mixed Fruit	<b>31</b> <b>LABOR DAY</b> <b>Cheeseburger</b> Sliced Roasted Potatoes California Mixed Vegetables Hamburg Bun Watermelon	

**Dietary Information:** All meals include 1% Milk = 100 calories

\*\*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.