

Elder Services of Berkshire County - Nutrition Program

JUNE 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 Beef Stroganoff Egg Noodles Peas & Carrots Dinner Roll Pineapple Tidbits	2 Chicken Salad Tossed Salad Cold Spiced Beets Hot Dog Roll Apricots
5 Stuffed Pepper Casserole Broccoli Wax Beans Italian Bread Diced Peaches	6 Roast Pork w/Gravy Mashed Potatoes Winter Squash 100% Wheat Bread Applesauce	7 Chicken Almondine Brown Rice Pilaf Mixed Vegetables Oat Nut Bread Tropical Fruit Salad	8 Skillet Frittata w/Cheese Sauce Roasted Potatoes Beets Rye Bread Banana	9 Macaroni & Cheese Stewed Tomatoes Peas and Pearl Onions 100% Whole Wheat Snack Loaf**
12 Tuna Salad Carrot Raisin Salad Tossed Salad Hot Dog Roll Apple	13 Chicken Parmesan Penne w/ Sauce Broccoli Italian Bread Fruited Yogurt **	14 Calico Beans and Sausage Brown Rice Mixed Greens 12 Grain Bread Spiced Apples	15 FATHER'S DAY Roast Turkey w/ Gravy Sweet Potatoes Brussels Sprouts w/Cheese sauce Dinner Roll Chocolate Chip Cookie**	16 BBQ Beef Patty Roasted Potatoes Carrots Hamburg Bun Mixed Fruit
19 Sage Stuffed Chicken w/Gravy Mashed Potatoes Winter Squash Oat Nut Bread Applesauce	20 Salmon Boat Newburg Sauce Roasted Potatoes Corn 100% Whole Wheat Apricots	21 Cheeseburger Tater Tots Braised Red Cabbage Hamburg Roll Fresh Orange	22 Chef Salad* 3 Bean Salad Coleslaw 100% Whole Wheat Ice Cream Cup**	23 Goulash Spinach Wax Beans Italian Bread Pineapple Tossed Salad (cong)
26 Stuffed Shells w/Meat Sauce Carrots Green Beans 100 % Whole Wheat Bread Pineapple Tidbits Tossed Salad (cong)	27 Meatloaf w/Gravy Mashed Potatoes Peas 12 Grain Bread Diced Peaches	28 Beef Stew Roasted Potatoes Broccoli Biscuits Applesauce	29 4th of July Picnic Hot Dog Sauerkraut Baked Beans Hot Dog Roll Watermelon	30 Chicken Piccata Rice Pilaf Mixed Vegetables Dinner Roll Diced Pears

Dietary Information: All meals include 1% Milk 100 calories

*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.