



Elder Services of Berkshire County - Nutrition Program

JULY 2021

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
<p>HOT LINE</p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>	<p>Sponsored in part by:</p>  <p>GREYLOCK FEDERAL CREDIT UNION</p>		<p>1 4TH OF July Celebration</p> <p>Cheeseburger 401 Potato Wedges 27 Summer Squash Blend 6 Hamburger Roll 46 Ice Cream Cup ** 190</p> <p>cal 780 carb 77 Sod 795</p>	<p>2</p> <p>Salisbury Steak 410 Mashed Potatoes 33 Mixed Greens 149 12 Grain Bread 15 Honey Dew Melon Chunks 200</p> <p>cal 745 carb 85 Sod 932</p>
<p>5 Happy 4th of July</p> 	<p>6</p> <p>Chicken Almondine 326 Buttered Noodles 11 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Peaches 6</p> <p>cal 646 carb 86 Sod 622</p>	<p>7</p> <p>Beef Stew 72 Boiled potatoes 4 Brussel sprouts w/cheese 74 12 Grain Bread 200 Snack Loaf ** 160</p> <p>cal 884 carb 98 sod 635</p>	<p>8</p> <p>California Chicken Salad 94 Mushroom Barley Soup 45 Broccoli Florets 22 Hot Dog Roll 180 Pear Crisp 11</p> <p>cal 677 carb 78 Sod 477</p>	<p>9</p> <p>Sweet N Sour Pork 490 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10</p> <p>cal 590 carb 87 sod 764</p>
<p>12</p> <p>Meatballs & Shells W/ Marinara sauce 313 Cauliflower 11 Italian Bread 230 Apricots 5</p> <p>cal 629 carb 90 sod 684</p>	<p>13</p> <p>Yankee Pot Roast 346 Mashed Potatoes 33 Wax Beans 2 Dinner Roll 210 Diced Pears 5</p> <p>cal 716 carb 87 sod 721</p>	<p>14</p> <p>Chicken Marsala 381 Boiled Potatoes 4 Spinach 76 Oat Nut Bread 150 Tropical Fruit Mix 10</p> <p>cal 589 carb 77 sod 746</p>	<p>15 GLOBAL TABLE</p> <p>Szechuan Noodle Salad 457 Cold Spiced Beets 7 Asian Coleslaw 18 Whole Wheat Bread 120 Key Lime Bavarian** 60</p> <p>cal 777 carb 96 Sod 787</p>	<p>16</p> <p>Shepherd's Pie 75 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7</p> <p>cal 691 carb 85 sod 483</p>
<p>19</p> <p>Cod Pomadora 366 Boiled Potatoes 4 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6</p> <p>cal 502 carb 92 sod 716</p>	<p>20</p> <p>Moroccan Beef Stew 170 Mashed Potatoes 33 Harvard Beets 178 Whole Wheat Bread 120 Applesauce 8</p> <p>cal 714 carb 85 sod 634</p>	<p>21</p> <p>Veal Piccata* 502 Steamed Rice 11 Blended Vegetables 10 Oat Nut Bread 150 Pineapple Tidbits 1</p> <p>cal 726 carb 98 sod 799</p>	<p>22</p> <p>Macaroni & Cheese* 627 Stewed Tomatoes 101 Sliced Carrots 43 12 Grain Bread 200 Fruit Cocktail 10</p> <p>cal 602 carb 73 sod 1096</p>	<p>23</p> <p>Salad w/Chicken & Chee: 276 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0</p> <p>cal 851 carb 83 sod 884</p>
<p>26</p> <p>Chicken Asparagus 55 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Fresh Nectarine 0</p> <p>cal 619 carb 82 sod 457</p>	<p>27</p> <p>Sliced Turkey w/Gravy 468 Mashed Sweet Potatoes 30 Cauliflower w/Pimento 17 Oat Nut Bread 150 Fruit Cocktail 10</p> <p>cal 511 carb 82 sod 800</p>	<p>28</p> <p>Baked Breaded Pollock 302 Scalloped Potatoes 20 Coleslaw 169 Whole Wheat Bread 120 Peach Crisp 11</p> <p>cal 857 carb 88 sod 747</p>	<p>29</p> <p>Beef Chili 217 Steamed Rice 6 Lyonnais Carrots 74 12 Grain Bread 200 Watermelon Chunks 1</p> <p>cal 740 carb 82 sod 623</p>	<p>30</p> <p>Chicken with Broccoli & Cheese 410 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Fruited Gelatin ** 89</p> <p>cal 767 carb 100 sod 910</p>

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.



