

Elder Services of Berkshire County - Nutrition Program

JULY 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
<p>3 <i>New Item</i> Pollock Florentine Augratin Potatoes Broccoli 100% Wheat Bread Diced Peaches</p>	<p>4 INDEPENDENCE DAY CLOSED</p>	<p>5 Egg Salad Sandwich Chick Pea and Tomato Salad Cold Spiced Beets Hot Dog Roll Fresh Orange</p>	<p>6 Chicken w/Gravy Roasted Potatoes Mixed Greens Oat Nut Bread Fruited Yogurt**</p>	<p>7 <i>New Item</i> Eggplant Parmesan Penne Pasta w/Tomato Sauce Corn Italian Bread Apricots</p>
<p>10 Cheeseburger Oven Fries Mixed Vegetables Hamburg Roll Tropical Fruit Salad</p>	<p>11 Tuna Salad Pasta Salad Three Bean Salad Diced Peaches Hot Dog Roll Orange Juice</p>	<p>12 Roast Pork w/Apricot Glaze Mashed Potatoes Winter Squash 100% Wheat Bread Applesauce</p>	<p>13 Stuffed Shells w/ Meat Sauce Peas Carrots Tossed Salad Italian Bread Mixed Fruit</p>	<p>14 Chicken Marsala Rice Pilaf Mixed Greens 12 Grain Bread Diced Pears</p>
<p>17 Beef Burgundy Egg Noodles Tomato Medley Whole Grain Biscuit Apricots</p>	<p>18 Veal w/Peppers & Onions Mashed Potatoes Spinach Rye Bread Banana</p>	<p>19 Chicken w/ Orange Sauce Roasted Potatoes Corn 12 Grain Bread Fruit Cocktail</p>	<p>20 Sloppy Joe Brown Rice w/Orzo Rattatouille Hamburger Bun Pineapple Chunks</p>	<p>21 BBQ Pork Riblet Mashed Potatoes Mixed Vegetables 100% Wheat Bread Applesauce</p>
<p>24 Chicken w/Hawaiian Sauce Coconut Rice Carrots 12 Grain Bread Fresh Fruit Salad</p>	<p>25 Macaroni and Cheese Stewed Tomatoes Peas & Pearl Onions Oat Nut Bread Diced Peaches</p>	<p>26 Salisbury Steak Roasted Potatoes Mixed Greens 100% Wheat Bread Fruited Yogurt**</p>	<p>27 Roast Turkey & Gravy Mashed Potatoes Winter Squash Dinner Roll Spiced Apples</p>	<p>28 Cabbage Casserole Zucchini & Summer Squash Wax Beans Italian Bread Fruited Jello**</p>
<p>31 Baked Ham w/Raisin Sauce* Sweet Potatoes Peas Dinner Roll Pineapple Chunks</p>				

Dietary Information: All meals include 1% Milk = 100 Calories

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.

**Modifications for restricted sugar