

Elder Services of Berkshire County - Nutrition Program

JULY 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
2 Chicken and Sausage Casserole * 711 Egg Noodles 4 Collard Greens 33 Oat Nut Bread 230 Tropical Fruit Mix 10 <i>Calories: 644 Sodium: 1,113</i>	3 Italian Meatballs 210 WG Penne w/ Sauce 154 Mixed Vegetables 43 100% Whole Wheat Bread 150 Chocolate Chip Cookie ** 222 <i>Calories: 930 Sodium: 904</i>	4 INDEPENDENCE DAY	5 Independence Day Cheeseburger * 504 Sliced Roasted Potatoes 49 Oriental Mixed Vegetables 9 Hamburger Bun 320 Watermelon 2 <i>Calories: 802 Sodium: 1009</i>	6 Roast Turkey with Gravy * 504 Sweet Potatoes 35 Cauliflower w/Pimiento 17 100% Whole Wheat Bread 150 Spiced Apples 5 <i>Calories: 546 Sodium: 836</i>
9 Beef Burgundy 84 Mashed Potatoes 31 Sonoma Blend Vegetable 51 Dinner Roll 160 Apricots 10 <i>Calories: 668 Sodium: 461</i>	10 Bone in Chicken/Gravy 197 Roasted Potatoes 49 Broccoli 9 12 Grain Bread 200 Diced Peaches 5 <i>Calories: 626 Sodium: 585</i>	11 Beef Chili 184 Steamed Brown Rice 4 Brussels Sprouts 12 Corn Bread 291 Fruit Cocktail 4 <i>Calories: 726 Sodium: 620</i>	12 Baked Pollock 97 Sweet Potatoes 35 Green Beans 3 Oat Nut Bread 230 Fresh Orange 0 <i>Calories: 609 Sodium: 490</i>	13 Chicken Fajita 97 Rice & Beans 71 Corn 1 Tortilla 170 Diced Pears 5 <i>Calories: 718 Sodium: 469</i>
16 Roast Pork with Gravy 117 Roasted Potatoes 49 Peas w/Pimiento 58 12 Grain Bread 200 Applesauce 14 <i>Calories: 650 Sodium: 563</i>	17 Tuna Salad 230 Tossed Garden Salad 67 Potato Salad 63 Hot Dog Roll 320 Mandarin Oranges with Pineapple 4 <i>Calories: 615 Sodium: 809</i>	18 Veal w/Peppers 490 Rice Pilaf w/Noodles 9 Broccoli 9 Oat Nut Bread 230 Fruit Cocktail 5 <i>Calories: 783 Sodium: 868</i>	19 Chicken Marsala 122 Mashed Potatoes 31 Carrots 43 12 Grain Bread 200 Fresh Peach 0 <i>Calories: 537 Sodium: 521</i>	20 Sloppy Joe 175 Potato Puffs 360 Mixed Vegetables 43 Hamburg Bun 320 Ice Cream ** 46 <i>Calories: 885 Sodium: 1069</i>
23 Chicken Salad 227 Pasta Salad 218 Cold Spiced Beets 179 100% Whole Wheat Bread 320 Tropical Fruit Salad 10 <i>Calories: 934 Sodium: 1079</i>	24 Shepherd's Pie 72 Mashed Potatoes 31 Green Beans Almondine 3 Whole Grain Biscuit 440 Apricots 10 <i>Calories: 707 Sodium: 681</i>	25 Orange Chicken 71 Sweet Potatoes 35 Winter Squash 2 100% Whole Wheat Bread 150 Applesauce 14 <i>Calories: 660 Sodium: 397</i>	26 Beef Stew 79 Roasted Potatoes 49 Brussels Sprouts 12 Dinner Roll 160 Diced Pears 5 <i>Calories: 698 Sodium: 430</i>	27 *****REVISED ***** NO MEAL DELIVERY TODAY Elder Services Kitchen will be closed.
30 Baked Haddock 296 Potatoes AuGratin 109 Sugar Snap Peas 4 Oat Nut Bread 230 Mandarin Oranges with Pineapple 4 <i>Calories: 534 Sodium: 768</i>	31 Macaroni and Cheese * 627 Stewed Tomatoes 12 Peas and Carrots 51 12 Grain Bread 200 Fruited Gelatin** 82 <i>Calories: 681 Sodium: 1097</i>			

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.

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.