

Elder Services of Berkshire County - Nutrition Program

JUNE 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>NUTRITION NOTE FRUIT & VEGGIE</p> 	<p>1</p> <p>Chicken Chili 261 Black Beans and Rice 28 Mixed Greens 149 Whole Wheat Bread 120 Sliced Peaches 6</p>	<p>2</p> <p>Cold Salmon Filet 67 Dill Cucumber dressing 239 Green Bean Vinaigrette 113 Wild Rice Salad 22 Oat Nut Bread 150 Fresh Orange 0</p>	<p>3</p> <p>Breaded Chicken Patty 337 w/Tomato slice 6 Corn Chowder 173 Sliced Carrots 43 Hamburger Roll 190 Mangoes 0</p>	<p>4</p> <p>Philly Steak w/ cheese 370 Onions and peppers 9 Buttered Red Potatoes 4 Broccoli 22 Grinder Roll 280 Apricots 5</p>
<p>MONTH</p>	<p>cal 694 carb 92 sod 690</p>	<p>cal 791 carb 94 sod 716</p>	<p>cal 752 carb 101 sod 874</p>	<p>cal 733 carb 90 sod 815</p>
<p>7</p> <p>Beef Stroganoff 84 Buttered Noodles 11 Brussel Sprouts 14 Dinner Roll 210 Sliced Pears 5</p>	<p>8</p> <p>Tuna Salad Sandwich 399 Italian Wedding Soup 303 Asparagus Cuts 4 Hot Dog Roll 180 Apple Crisp 20</p>	<p>9</p> <p>Goulash 94 Sliced Beets 185 Peas and Carrots 69 Italian Bread 230 Sliced Peaches 6</p>	<p>10 Veal w/ Peppers and Onions 509 Boiled Gold Potatoes 4 Broccoli Florets 22 Whole Wheat Bread 120 Banana 1</p>	<p>11</p> <p>Orange Chicken 329 Steamed White Rice 4 Snap Peas 58 Oat Nut Bread 150 Pineapple & Mandarin Oranges 4</p>
<p>cal 773 carb 86 sod 449</p>	<p>cal 723 carb 70 sod 1031</p>	<p>cal 690 carb 96 sod 709</p>	<p>cal 746 carb 97 sod 781</p>	<p>cal 609 carb 94 sod 670</p>
<p>14</p> <p>Ravioli w/Marinara 340 Green Beans Almondine 3 Summer Squash 6 12 Grain Bread 200 Fresh Orange 0</p>	<p>15</p> <p>Oriental Beef 349 Steamed Brown Rice 5 Oriental Vegetables 18 Whole Wheat Bread 120 Fruit Cocktail 5</p>	<p>16</p> <p>Chicken ala King 89 Mashed Potatoes 33 Sanoma Blend Vegetables 20 Oat Nut Bread 150 Diced Pears 5</p>	<p>17 FATHER'S DAY MEAL</p> <p>Pot Roast w/Gravy 100 Mashed Sweet Potatoes 36 Cauliflower w/Pimento 17 Dinner Roll 210 Chocolate Pudding ** 185</p>	<p>18</p> <p>Juneteenth Happy Holidays</p>
<p>cal 568 carb 93 sod 674</p>	<p>cal 575 carb 84 sod 622</p>	<p>cal 651 carb 88 sod 422</p>	<p>cal 824 carb 109 sod 673</p>	
<p>21</p> <p>Sliced Turkey w/Gravy * 545 Mashed Potatoes 33 Spinach 76 Whole Wheat Bread 120 Spiced Apples 11</p>	<p>22</p> <p>BBQ Chicken Breast 457 Sliced Red Potatoes 4 Butternut Squash 34 12 Grain Bread 200 Tropical Fruit Salad 10</p>	<p>23</p> <p>Lower Sodium Hotdog* 550 Vegetarian Baked Beans 140 Cole Slaw 169 Hot Dog Bun 180 Apple Crisp 20</p>	<p>24</p> <p>Swedish Meatballs 312 Buttered Egg Noodles 11 Italian Blend Vegetables 40 Whole Wheat Bread 120 Mixed Fruit 5</p>	<p>25</p> <p>Spanish Rice (beef) 93 Broccoli Florets 22 Asparagus 4 Tortilla Shell 170 Banana 1</p>
<p>cal 546 carb 74 sod 910</p>	<p>cal 646 carb 85 sod 830</p>	<p>cal 917 carb 89 sod 1184</p>	<p>cal 724 carb 91 sod 613</p>	<p>cal 727 carb 97 sod 415</p>
<p>28</p> <p>Cold Bone in Chicken * 500 German Potato Salad 180 Cucumber Yogurt 220 Whole Wheat Bread 120 Sliced Peaches 6</p>	<p>29</p> <p>Pork Roast w/gravy 62 Mashed Sweet Potatoes 36 Ratatouille 55 Dinner Roll 210 Apricots 5</p>	<p>30</p> <p>Chicken Sorrentino* 707 Ziti w/Marinara 52 Sliced Carrots 43 Whole Wheat Bread 120 Fresh Plum 0</p>	<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 by:</p>  <p>GREYLOCK FEDERAL CREDIT UNION</p>
<p>cal 658 carb 76 sod 1151</p>	<p>cal 630 carb 84 sod 493</p>	<p>cal 629 carb 75 sod 1046</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.



