



Elder Services of Berkshire County - Nutrition Program

July 2024

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chicken Almondine 226 Buttered Noodles 11 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Peaches 6 <i>cal 626 carb 85 Sod 522</i>	2	Beef & Pepper Casserole 124 Vegetable Baked Beans 156 German Potato Salad 180 Italian Bread 230 Fresh Apple 2 <i>cal 880 carb 129 Sod 817</i>	3	Cali Chicken Salad 135 Mushroom Barley Soup 44 Broccoli Florets 22 Dinner Roll 210 Fruit Crisp 11 <i>cal 596 carb 77 Sod 547</i>	4	 No Meal Delivery Today	5	Sweet N Sour Pork 495 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10 <i>cal 590 carb 85 sod 769</i>
8	Meatballs & Shells 312 Italian Green Beans 3 Italian Bread 230 Apricot Halves 5 <i>cal 612 carb 87 sod 675</i>	9	Yankee Pot Roast 346 Mashed Potatoes 33 Broccoli Florets 22 Dinner Roll 210 Diced Pears 5 <i>cal 721 carb 87 sod 741</i>	10	Chicken Marsala 281 Risotto Parmesan 45 Spinach 76 Oat Nut Bread 150 Tropical Fruit Mix 10 <i>cal 541 carb 76 sod 687</i>	11	Cold Meal Southwestern Salad 327 Rice Salad 22 Tomato Cucumber Salad 180 Whole Wheat Bread 120 Bavarian Crème** 110 <i>cal 718 carb 76 Sod 884</i>	12	Shepherd's Pie 96 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7 <i>cal 748 carb 88 sod 504</i>
15	Cod Pomadora 461 Boiled Potatoes 15 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6 <i>cal 578 carb 89 sod 822</i>	16	Homemade Meatloaf 274 Mashed Potatoes 33 Harvard Beets 178 Whole Wheat Bread 120 Applesauce <i>cal 746 carb 83 sod 730</i>	17	Pulled Pork 312 Scalloped Potatoes 30 Coleslaw 169 Hamburger Bun 320 Peach Crisp 9 <i>cal 811 carb 99 sod 965</i>	18	Chicken Parm Marinara* 534 Cauliflower Alfredo 374 Mixed Root Veggies 37 Mini Biscuit 330 Strawberries & Cream 0 <i>cal 787 carb 94 sod 1400</i>	19	Cold Meal Chicken Caesar Salad 298 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0 <i>cal 840 carb 83 sod 906</i>
22	Mac & Cheese* 663 Tomato Medley 110 French Cut Green Beans 3 Whole Wheat Bread 120 Fresh Peach 0 <i>cal 567 carb 67 sod 1021</i>	23	Cold Meal Chicken Pesto Sandwich w/Cheese & Tomato 489 Marinated Cucumber Salad 4 Coleslaw 169 Hamburger Bun 320 Orange 0 <i>cal 804 carb 71 sod 1107</i>	24	Beef Burgundy 69 Coconut Rice 7 Lima Beans 59 12 Grain Bread 200 Fruit Cocktail 5 <i>cal 871 carb 105 sod 465</i>	25	Chicken Sausage w/Peppers & Onions 494 Rice Pilaf 12 Summer Vegetables 24 Grinder Roll 280 Craisins 2 <i>cal 649 carb 107 sod 937</i>	26	Sliced Turkey w/Gravy 402 Mashed Sweet Potatoes 30 Cauliflower w/Pimiento 17 Dinner Roll 210 Watermelon Chunks 1 <i>cal 479 carb 70 sod 785</i>
29	Cheese Burger 498 Chickpea Tomato Salad 176 Fiesta Corn 11 Hamburger Bun 320 Warm Applesauce 0 <i>cal 817 carb 80 sod 1130</i>	30	Beef Teriyaki with Broccoli 411 Steamed Rice 6 Lyonnaise Carrots 74 12 Grain Bread 200 Fruited Gelatin (sugar free) 50 <i>cal 773 carb 83 sod 866</i>	31	Honey Mustard Chicken 373 Warm Barley Broccoli Florets Oat Nut Bread Raisins 4 <i>cal 638 carb 101 sod 679</i>			HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium

*High Sodium **Modifications for restricted sugar available

Calories and sodium from salad dressings, margarine, crackers and condiments are not included.

Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.