

Elder Services of Berkshire County - Nutrition Program

DECEMBER 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	
2		3		4		5		6	
Beef Burgundy	69	Chicken Breast & Gravy	227	Beef Chili	234	Salisbury Steak	370	Greek Chicken Casserole *	595
Buttered Noodles	8	Boiled Red Potatoes	15	Steamed Rice	6	Garlic Mashed Potatoes	33	Boiled Gold Potatoes	15
Broccoli Florets	22	Scandinavian Blend	31	Mixed Greens	149	Sliced Carrots	43	Harvard Beets	178
12 Grain Bread	200	Whole Wheat Bread	120	Corn bread	179	Oat Nut Bread	150	12 Grain Bread	200
Apricots	5	Fruit Cocktail	5	Peaches	6	Tropical Fruit Mix	10	Clementines	1
<i>Cal 736 Carb 85 Sod 429</i>		<i>Cal 477 Carb 63 Sod 523</i>		<i>Cal 775 Carb 109 Sod 699</i>		<i>Cal 561 Car 80 Sod 731</i>		<i>Cal 632 Carb 86 Sod 1114</i>	
9		10		11		12		13	
Lemon Pepper Chicken	303	Shepherd's Pie	96	Cheesy Egg Patty	415	Pork Loin w/gravy	63	Ravioli w/Meat Sauce	308
Brown Rice	3	Mashed Potatoes	33	O'Brien Potatoes	6	Mashed Sweet Potato	36	Zucchini	3
Sonoma Veg Blend	20	Peas and Carrots	69	Cauliflower w/Pimiento	17	Red Cabbage + Apples	37	Italian-cut Beans	3
Whole Wheat Bread	120	Oat Nut Bread	150	Croissant	199	Dinner Roll	210	Italian Bread	230
Sliced Pears	5	Applesauce	0	Banana	1	Mangos	0	Raisins	4
<i>Cal 524 Carb 65 Sod 576</i>		<i>Cal 774 Carb 91 Sod 473</i>		<i>Cal 713 Carb 84 Sod 763</i>		<i>Cal 654 Car 88 Sod 471</i>		<i>Cal 549 Carb 92 Sod 673.2</i>	
16		17		18		19		20	
Salmon		Beef Stew	72	Mac & Cheese *	663	HOLIDAY DINNER		Chicken Putenesca	431
w/cran-orange glaze	74	Boiled Potatoes	15	Lentil Soup	45	Roast Beef w/Gravy	66	Isreali Couscous	5
Scalloped Potatoes	30	California Blend Veg	17	Green Beans	3	Mashed Potatoes	33	Peas and Mushrooms	180
Mixed Vegetables	38	Biscuit	155	Whole Wheat Bread	160	Mixed Root Vegetables	99	12 Grain Bread	200
Oat Nut Bread	150	Sliced Peaches	6	Pineapple Chunks	1	Snowflake Roll	260	Apricots	5
Tropical Fruit Mix	10					Iced Choco Cake**	182		
<i>Cal 427 Carb 112 Sod 427</i>		<i>Cal 686 Carb 75 Sod 390</i>		<i>Cal 636 Carb 83 Sod 997</i>		<i>Cal 860 Car 114 Sod 765</i>		<i>Cal 591 Carb 88 Sod 946</i>	
23		24		25		26		27	
Moroccan Beef Stew	169	Pasta w/tomato sauce	313	Christmas Day		Chicken Cordon Royale *	550	Beef Spanish Rice	94
Warm Barley	5	Meatballs	210			Herb-Butter Noodles	8	Cream of Broccoli Soup	37
Yellow Squash	0	Tuscan Blend	40	No Meals Today		Capri Blend Vegetables	22	Roasted Works Corn	5
Dinner Roll	210	Italian Bread	230			Oat Nut	150	Tortilla Shell	173
Fresh Orange	0	Vanilla Pudding **	141			Fruit Cocktail	5	Mangos	1
<i>Cal 643 Carb 83 Sod 509</i>		<i>Cal 796 Carb 102 Sod 1059</i>				<i>Cal 712 Car 88 Sod 860</i>		<i>Cal 742 Carb 103 Sod 435</i>	
30		31							
Veal Marsala *	518	NEW YEAR'S EVE		HOT LINE					
Mashed Potatoes	33	Oriental Beef Casserole	332	If you will not be home when your meal is delivered please call our Nutrition Hotline at					
Lyonnais Carrots	74	Brown Rice	3	1-800-981-5201					
WG White Bread	120	Snap Peas	3						
Spiced Apples	11	Fortune Cookie	0						
<i>Cal 796 Carb 99 Sod 881</i>		Mandarin Oranges	7						
		<i>Cal 544 Carb 76 Sod 470</i>							

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

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

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

11/15/2024 8:48 AM

High Sodium **Modifications for restricted sugar available