




# Elder Services of Berkshire County - Nutrition Program

## FEBRUARY 2025

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

MONDAY		TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>													
<b>3</b>	Pork Roast w/gravy 79 Au gratin potatoes 142 Corn 15 WG White Bread 120 Fresh Orange 0 Cal 635 Carb 78 Sod 481	<b>4</b>	Beef Stew 72 Buttered Noodles 8 Carrots Parsnips Turnips 47 Whole Wheat Bread 120 Vanilla Yogurt 50 Cal 772 Carb 95 Sod 422	<b>5</b>	Chix Mexican Casserole 496 Lime Cilantro Rice 20 Green & Wax Beans 3 Mini Cornbread 179 Sliced Peaches 6 Cal 839 Carb 107 Sod 829	<b>6</b>	<b>Mac &amp; Cheese 663</b> Beef Barley Soup 34 Spinach Florentine 162 Dinner Roll 210 Spiced Apples 11 Cal 659 Carb 78 Sod 1205	<b>7</b>	Oriental Chicken 247 Steamed Brown Rice 3 Broccoli 22 Chow Mein Noodles 263 Pineapple 1 Cal 665 Carb 90 Sod 661				
<b>10</b>	Scrambled Egg Patty 266 Tomato Medley 110 O'Brien Potatoes 6 Whole Wheat Bread 120 Apricot Halves 5 Cal 510 Carb 67 Sod 632	<b>11</b>	<b>Chicken Puttanesca * 542</b> Couscous 5 Lima Beans 59 Oat Nut Bread 150 Mandarin Oranges 1 Cal 651 Carb 96 Sod 882	<b>12</b>	Lasagna Roll 370 Italian Wedding Soup 303 Saltine Crackers (2pkg) 113 Warm Fruit Compote 9 Cal 586 Carb 90 Sod 920	<b>13</b>	Moroccan Beef Stew 169 Mashed Potatoes 33 Brussel Sprouts 14 12 Grain Bread 210 Diced Pears 5 Cal 751 Carb 94 Sod 556	<b>14</b>	<b>Valentine's Day</b> <b>Chicken Sorrentino * 707</b> Buttered Noodles 8 Zuc & Yellow Squashes 10 Snowflake Roll 260 Strawberry Cup 4 Cal 889 Carb 126 Sod 1114				
<b>17</b>	 President's Day No Meal Delivery Today	<b>18</b>	Beef Burgundy 69 Buttered Noodles 8 California Blend 27 Graham Crackers 69 Mixed Fruit Cup 10 Cal 698 Carb 76 Sod 308	<b>19</b>	Sliced Turkey & Gravy 402 SC & Chive Mashed 30 Snow Peas 3 Dinner Roll 210 Banana 1 Cal 495 Carb 68 Sod 771	<b>20</b>	White Chicken Chili 261 Warm Barley 5 Broccoli Florets 22 100% Whole Wheat Bread 120 Applesauce 0 Cal 567 Carb 75 Sod 533	<b>21</b>	Breaded Pollock 302 Mulligatawny Soup 121 Monaco Veggie Blend 7 Italian Bread 230 <b>Oatmeal Raisin Cookie ** 75</b> Cal 633 Carb 71 Sod 860				
<b>24</b>	Chicken with Orange Cranberry Glaze 331 Boiled Potatoes 15 Peas & Pearl Onions 34 Oat Nut Bread 150 Pineapple Tidbits 1 Cal 691 Carb 110 Sod 656	<b>25</b>	Shepherd's Pie 96 Mashed Potatoes 33 Carrots 43 100% Whole Wheat Bread 120 Diced Peaches 10 Cal 715 Carb 80 Sod 427	<b>26</b>	<b>Spanish Chicken Stew * 522</b> Rice w/Orzo 5 Green Beans 2 Oatnut Bread 150 Mangos 0 Cal 833 Carb 100 Sod 804	<b>27</b>	Yankee Pot Roast 317 Mashed Sweet Potatoes 30 Winter Blend 10 Marbled Rye Bread 260 Sliced Peaches 6 Cal 653 Carb 84 Sod 748	<b>28</b>	Sloppy Joe on a Bun 105 Red Cabbage w/ apples 37 Roasted Works Corn 11 Hamburger Bun 320 Tangerine 0 Cal 748 Carb 82 Sod 598				

**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.