

Elder Services of Berkshire County - Nutrition Program

MAY 2025

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
<p>HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>			<p>1</p> <p>Chuckwagon Stew 395 Buttered Pasta 1 Yellow & Green Beans 3 Whole Grain White Bread 120 Mixed Fruit 10</p> <p>Cal 631 Carb 80 Sod 654</p>	<p>2</p> <p>Pasta Primavera* 521 Chickpea Tomato Medley 151 Mixed Greens 122 Oat Nut Bread 150 Warm Applesauce 0</p> <p>Cal 803 Carb 125 Sod 1069</p>
<p>5 COLD MEAL</p> <p>Southwestern Salad 327 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7</p> <p>Cal 705 Carb 65 Sod 739</p>		<p>6</p> <p>Sweet N Sour Pork 495 Brown Rice 3 Broccoli Florets 22 Fortune Cookie 0 Dried Cranberries 2</p> <p>Cal 622 Carb 95 Sod 647</p>	<p>7</p> <p>Chicken Burger with Tomato Slice 338 Au gratin Potatoes 142 Cauliflower w/pimento 17 Hamburger Bun 320 Diced Pears 5</p> <p>Cal 590 Carb 82 Sod 947</p>	<p>8 Mother's Day Meal</p> <p>Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Brussel Sprouts 14 Dinner Roll 210 Choco Chip Brownie ** 117</p> <p>Cal 699 Carb 94 Sod 901</p>
<p>12</p> <p>Scrambled Egg Patty 266 Asparagus 4 Minestrone Soup 63 Croissant 199 Apricots 5</p> <p>Cal 568 Carb 64 Sod 662</p>	<p>13</p> <p>Teriyaki Beef w/ Broccoli 411 Steamed White Rice 4 Sliced Carrots 43 12 Grain Bread 200 Pineapple & Mandarins 4</p> <p>Cal 689 Carb 83 Sod 787</p>	<p>14</p> <p>Chicken Bruschetta 365 Butter Noodles 8 Lima Beans 59 Whole Wheat Bread 120 Fresh Apple 2</p> <p>Cal 692 Carb 106 Sod 679</p>	<p>15</p> <p>Shepherd's Pie 96 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt 75</p> <p>Cal 799 Carb 94 Sod 555</p>	<p>16</p> <p>Chicken stuffed With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Strawberry Cup 0</p> <p>Cal 729 Carb 108 sod 821</p>
<p>19</p> <p>Chicken Scallopini 226 Israeli Couscous 5 Spinach 76 Whole Wheat Bread 120 Fruit Cocktail 5</p> <p>Cal 478 Carb 66 Sod 557</p>	<p>20</p> <p>Roast Pork w/Gravy 88 Rice Florentine 241 Spring Blend Vegetables 62 Oat Nut Bread 150 Applesauce 0</p> <p>Cal 651 Carb 87 Sod 666</p>	<p>21</p> <p>Beef Burgundy 68 Garlic Mashed Potatoes 33 Lyonnaisse carrots 74 12 Grain Bread 200 Diced Pears 10</p> <p>Cal 713 Carb 80 Sod 510</p>	<p>22 Memorial Day Picnic</p> <p>Low Sodium Hot Dog* 540 Vegetarian Baked Beans 140 Potato Salad 194 Hot Dog Roll 180 Peach Crips 38</p> <p>Cal 943 Carb 117 Sod 1217</p>	<p>23 COLD MEAL</p> <p>Chicken Salad 251 Ancient Grains Mix 214 New England Slaw 45 1/2 Pita 80 Fresh Orange 0</p> <p>Cal 781 Carb 78 Sod 715</p>
<p>26</p>  <p>No Meal Delivery Today</p>	<p>27</p> <p>Lexington BBQ Chicken 235 Mashed Potatoes 33 Summer Squash 2 Whole Wheat Bread 120 Raisins 4</p> <p>Cal 617 Carb 86 Sod 519</p>	<p>28 COLD MEAL</p> <p>Salmon w/Soy Ginger 241 Rice Salad 22 Cold Spiced Beets 179 Oat Nut Bread 150 Pineapple 1</p> <p>Cal 653 Carb 97 Sod 718</p>	<p>29 Breaded Chix Patty* 517</p> <p>w/Tomato slice 7 Corn Chowder 96 Sliced Carrots 17 Hamburger Roll 320 Mangoes 0</p> <p>Cal 751 Carb 102 Sod 1082</p>	<p>30</p> <p>Philly Cheese Steak 477 Onions and peppers 9 Buttered Red Potatoes 15 Broccoli 22 Grinder Roll 280 Apricots 5</p> <p>Cal 700 Carb 88 Sod 933</p>

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.