

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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
Sponsored in part by: 				1 Chicken Breast w/Gravy 227 Mashed Potatoes 33 Lyonnaise Carrots 74 Whole Wheat Bread 120 Sliced Peaches 6 Cal 579 Carb 80 Sod 585
4 Baked Pollock Loin 97 Boiled Red Potatoes 4 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Pears 5 Cal 530 Carb 70 Sod 385	5 Greek Chicken Stew 388 Rice w/ Beans 28 Broccoli 22 12 Grain Bread 200 Mandarin Oranges 7 Cal 584 Carb 82 Sod 770	6 Turkey & Gravy* 621 Mashed Potatoes 33 Butternut Squash 2 Dinner Roll 210 Tapioca Pudding ** 193 Cal 698 Carb 101 Sod 1184	7 Sweet & Sour Meatball 384 Wild Rice Pilaf 60 Cauliflower 19 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 589 Carb 83 Sod 713	8 Macaroni & Cheese 627 Stewed Tomatoes 101 Wax & Green Bean 3 Oat Nut Bread 150 Apricots 5 Cal 620 Carb 76 Sod 1011
11 HAPPY COLUMBUS DAY Closed	12 Orange Chicken 229 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Applesauce 0 Cal 579 Carb 84 Sod 631	13 Chuckwagon Stew 395 Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Sliced Peaches 6 Cal 760 Carb 97 Sod 752	14 Chicken Fajita w/Onions & Peppers 392 Rice w/Beans 28 Peas 66 Tortilla Shell 170 Spiced Apples 11 Cal 680 Carb 85 Sod 792	15 Salisbury Steak w/Gravy 440 Boiled Red Potatoes 4 Mixed Vegetables 43 12 Grain Bread 200 Fresh Orange 0 Cal 614 Carb 90 Sod 812
18 Chicken Puttanesca 379 Mashed Potatoes 33 Monaco Vegetables 43 Whole Wheat Bread 120 Fresh Apple 2 Cal 568 Carb 81 Sod 666	19 Tuna Salad Sandwich 399 Minestrone Soup 63 Carrots & Parsnips 37 Hot Dog Roll 180 Peach Crisp 11 Cal 699 Carb 84 Sod 815	20 Meatball Grinder 311 Buttered Penne 2 California Vegetables 17 6" Grinder roll 280 Applesauce 0 Cal 730 Carb 108 Sod 735	21 Chicken Divan 379 Boiled Gold Potatoes 4 Spinach 76 12 Grain Bread 200 Diced Pears 5 Cal 614 Carb 84 Sod 789	22 Roast Pork w/Gravy 119 Mashed Sweet Potato 36 Succotash 41 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 725 Carb 98 So 481
25 Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Sliced Peaches 6 Cal 753 Carb 90 Sod 431	26 Cheese Lasagna Roll* 501 Cauliflower w/Pimento 17 Peas 66 Italian Bread 230 Fresh Pear 2 Cal 701 Carb 107 Sod 941	27 BBQ Chicken Breast 461 Mashed Potatoes 33 Antiqua Vegetables 12 Whole Wheat Bread 120 Apricots 5 Cal 563 Carb 70 Sod 756	28 GLOBAL TABLE Asian Pork Soup 295 Steamed Rice 6 Snap Peas 3 Oat Nut Bread 150 Pineapple & Fortune Cookie 1 Cal 789 Carb 104 Sodiu 580	29 Ghoulish 94 Sliced Beets 185 Mixed Greens 149 12 Grain Bread 200 Fruited Orange Gelatin ** 44 Cal 732 Carb 96 Sod 797

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.



