



# Elder Services of Berkshire County - Nutrition Program

# SEPTEMBER 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  GREYLOCK FEDERAL CREDIT UNION	<b>1</b> Breaded Pollock 190 Buttered Noodles 8 Cauliflower w/pimento 17 Whole Wheat Bread 120 Mixed Fruit 10 Cal 599 Carb 87 Sod 470	<b>2 LABOR DAY LUNCH</b> Cheeseburger 401 German Potato Salad 180 Asparagus Cuts 4 Hamburger Bun 190 Chocolate Chip Cookie ** 100 Cal 883 Carb 94 Sod 1000	<b>3</b> Chicken Picatta 262 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 591 Carb 85 Sod 669
<b>6 LABOR DAY</b> 	<b>7</b> Beef Stroganoff 84 Buttered Noodles 8 Brussel Sprouts w.cheese 74 Dinner Roll 210 Fruit Cocktail 5 Cal 780 Carb 85 Sod 506	<b>8</b> Cold Breaded Chicken C 420 3 Bean Salad 150 Cold Spiced Beets 179 Oat Nut Bread 150 Fresh Apple 2 Cal 687 Carb 88 Sod 1026	<b>9</b> Oriental Pork Casserole 239 Steamed Rice 6 Peas and Carrots 69 Whole Wheat Bread 120 Applesauce 0 Cal 680 Carb 83 Sod 559	<b>10</b> Swedish Meatballs 299 Mashed Potatoes 33 Mixed Vegetables 43 Rye Bread 150 Diced Pears 5 Cal 729 Carb 92 Sod 655
<b>13</b> Roast Pork w/Gravy 119 Mashed Sweet Potatoes 36 Mixed Greens 149 Dinner Roll 210 Spiced Apples 11 Cal 676 Carb 90 Sod 775	<b>14</b> <b>Tortellini Primavera*</b> 665 Broccoli 22 Harvard Beets 178 Whole Wheat Bread 120 Fresh Peach 0 Cal 663 Carb 108 Sod 965	<b>15 GLOBAL TABLE</b> Spanish Chicken Stew 238 Steamed Rice 6 Coleslaw 169 12 Grain Bread 200 Arroz con Leche ** 49 Cal 844 Carb 104 Sod 785	<b>16</b> Sliced Turkey w/Gravy C 468 Mashed Potatoes 33 Cut Green Beans 2 Oat Nut Bread 150 Apricots 5 Cal 571 Carb 82 Sod 783	<b>17</b> Stuffed Pepper Casserole 68 Italian Vegetables 40 Peas and Pearl Onions 43 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 549 Carb 72 Sod 401
<b>20</b> Beef Stew 131 Mashed Potatoes 33 Zucchini & Squash 4 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 748 Carb 90 Sod 453	<b>21</b> Chicken Puttanesca 331 Sliced Red Potatoes 4 Spinach 76 12 Grain Bread 200 Fresh Orange 0 Cal 557 Carb 77 Sod 736	<b>22</b> Butternut Macaroni & Cheese 373 Chunky Tomato Soup 262 Broccoli 22 Whole Wheat Bread 120 Sliced Pears 5 Cal 589 Carb 76 Sod 907	<b>23</b> Turkey Sausage & Cheese Frittata 300 O'Brien Potatoes 7 Mixed Vegetables 43 1/2 Grain Biscuit 220 Sliced Peaches 6 Cal 607 Carb 82 Sod 701	<b>24</b> Baked Breaded Catfish 352 Au Gratin Potatoes 96 French Green Beans 3 Oat Nut Bread 150 Mandarin Oranges 7 Cal 620 Carb 79 Sod 733
<b>27</b> <b>Chicken Cordon Bleu</b> 557 Garlic Mashed Potatoes 33 California Blend 17 Dinner Roll 210 Mixed Fruit 10 Cal 653 Carb 87 Sod 952	<b>28</b> Beef & Broccoli 411 Steamed White Rice 6 Snap Peas 3 Whole Wheat Bread 120 Fresh Apple 2 Cal 694 Carb 85 Sod 667	<b>29</b> Chicken Marsala 281 Boiled Red Potatoes 4 Spinach 76 12 Grain Bread 200 Applesauce 0 Cal 524 Carb 70 Sod 686	<b>30</b> Mini Ravioli w/ Meat Sauce 429 Broccoli 22 Italian Green Beans 3 Italian Bread 230 Fresh Pear 2 Cal 683 Carb 101 Sod 811	<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>

**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 av. Nutrition information provided is not exact but will help guide you.

