




# Elder Services of Berkshire County - Nutrition Program

# NOVEMBER 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		
<b>1</b>	<b>Chicken Cordon Bleu*</b> 557 Mashed Potatoes 33 Butternut Squash 2 Dinner Roll 210 Sliced Pears 5 <i>Cal 761 Carb 101 Sod 932</i>	<b>2</b>	Roast Pork w/Gravy 62 Mashed Sweet Potatoes 36 Broccoli Florets 22 Oat Nut Bread 150 Applesauce 0 <i>Cal 624 Carb 79 Sod 395</i>	<b>3</b>	Beef Stew 72 Boiled Red Potatoes 4 Mixed Greens 149 Whole Wheat Bread 120 <b>Chocolate Pudding **</b> 430 <i>Cal 837 Carb 93 Sod 900</i>	<b>4</b>	White Chicken Chili 261 Steamed Brown Rice 5 Monaco Vegetables 7 Corn Bread 210 Fresh Orange 0 <i>Cal 741 Carb 100 Sod 608</i>	<b>5</b>	Swedish Meatballs 299 Buttered Noodles 8 Steamed Red Cabbage 13 12 Grain Bread 200 Sliced Peaches 6 <i>Cal 709 Carb 95 Sod 651</i>	
<b>8</b>	Salmon Newberg Sauce 391 O'Brien Potatoes 7 Antiqua Vegetables 12 Oat Nut Bread 150 Apricots 5 <i>Cal 607 Carb 83 Sod 690</i>	<b>9</b>	Chicken Pot Pie 105 Asparagus Cuts 4 Biscuit 220 Warm Fruit Compote 7 <i>Cal 616 Carb 86 Sod 461</i>	<b>10</b>	Italian Meatballs & Ziti 311 Italian Green Beans 3 12 Grain Bread 200 Fruit Cocktail 5 <i>Cal 638 Carb 91 Sod 644</i>	<b>11</b>	<b>HAPPY VETERAN'S DAY</b>  <b>CLOSED</b>		<b>12</b>	<b>Turkey Picatta*</b> 653 Autumn Harvest Soup 54 Boiled Red Potatoes 4 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 474 Carb 62 Sod 963</i>
<b>15</b>	Calico Bean & Sausage 469 Steamed Rice 6 Harvard Beets 178 12 Grain Bread 200 Applesauce 0 <i>Cal 779 Carb 99 Sod 977</i>	<b>16</b>	Chicken Almondine 233 Boiled Gold Potatoes 4 Winter Blend Vegetables 10 Whole Wheat Bread 120 Mixed Fruit 10 <i>Cal 514 Carb 68 Sod 502</i>	<b>17</b>	<b>BBQ Pulled Pork *</b> 548 Baked Beans 140 Asian Slaw 24 Hamburger Roll 190 Peach Crisp 11 <i>Cal 688 Carb 87 Sod 1038</i>	<b>18</b>	<b>Thanksgiving Meal</b> Sliced Turkey & Gravy 402 Mashed Potatoes 33 Carrot, Parsnips, & Butternut 46 100% WW Bread 120 <b>Pumpkin Pie **</b> 300 <i>Cal 830 Carb 120 Sod 1026</i>		<b>19</b>	Beef stroganoff 84 Buttered Noodles 8 Peas and Pearl Onions 43 12 Grain Bread 200 Fresh Orange 0 <i>Cal 775 Carb 90 Sod 460</i>
<b>22</b>	Orange Chicken 229 Boiled Red Potatoes 4 Capri Blend Vegetables 22 Oat Nut Bread 200 Banana 1 <i>Cal 615 Carb 94 Sod 581</i>	<b>23</b>	<b>Macaroni &amp; Cheese*</b> 627 Stewed Tomatoes 101 Mixed Greens 149 Oat Nut Bread 150 Sliced Pears 5 <i>Cal 651 Carb 79 Sod 1157</i>	<b>24</b>	Beef w/Pepper & Onion 328 Sliced Potatoes 4 Antiqua Vegetables 12 Whole Wheat Bread 120 Apricots 5 <i>Cal 624 Carb 65 Sod 594</i>	<b>25</b>	<b>HAPPY THANKSGIVING</b>  <b>CLOSED</b>		<b>26</b>	Baked Pollock Loin 97 Boiled Gold Potatoes 4 Cauliflower au Gratin 107 Dinner Roll 210 Sliced Peaches 6 <i>Cal 577 Carb 74 Sod 549</i>
<b>29</b>	Beef Cabbage Casserole 87 Butternut Squash Soup 24 Wax beans 2 Whole Wheat Bread 120 Pineapple Tidbits 1 <i>Cal 542 Carb 70 Sod 359</i>	<b>30</b>	Moroccan Beef Stew 170 Mashed Potatoes 33 Lyonnais Carrots 74 Oat Nut Bread 150 Fresh Apple 2 <i>Cal 817 Carb 104 Sod 554</i>	SPONSORED IN PART BY  <b>GREYLOCK</b> FEDERAL CREDIT UNION						

**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.

