

Elder Services of Berkshire County - Nutrition Program

FEBRUARY 2022

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
	1 Chicken Bruschetta 465 Rice Pilaf 11 Winter Blend Vegetable: 10 Oat Nut Bread 150 Sliced Pears 5 <i>Cal 551 Carb 77 Sod 766</i>	2 Shepherd's Pie 75 Mashed Potatoes 33 Spinach 76 Whole Wheat Bread 120 Fruit Cocktail 5 <i>Cal 651 Carb 76 Sod 434</i>	3 Moroccan Beef Stew 170 Buttered Noodles 11 Asparagus Cuts 4 Dinner Roll 210 Mandarin Oranges 7 <i>Cal 734 Carb 87 Sod 526</i>	4 Veal Marsala* 518 Boiled Potatoes 4 Brussel Sprouts 14 12 Grain Bread 200 Applesauce 0 <i>Cal 739 Carb 92 Sod 861</i>
7 Roast Pork w/BBQ Sauce 290 Sliced Potatoes 4 Butternut Squash 34 Dinner Roll 210 Spiced Apples 11 <i>Cal 737 Carb 85 Sod 674</i>	8 Beef Patty w/Pepper & Onion 328 Augratin Potatoes 96 Peas 58 Whole Wheat Bread 120 Fresh Orange 0 <i>Cal 686 Carb 71 Sod 727</i>	9 Chicken Almondine 226 Mashed Potatoes 33 French Cut Green Beans 3 Oat Nut Bread 150 Sliced Peaches 6 <i>Cal 631 Carb 87 Sod 543</i>	10 Mac & Cheese* 627 Beef Barley Soup 45 Broccoli 22 Dinner Roll 210 Diced Pears 10 <i>Cal 669 Carb 76 Sod 1039</i>	11 GLOBAL TABLE Oriental Chicken 365 Steamed Brown Rice 5 Oriental Mixed Vegetables 21 Oat Nut Bread 150 Pineapple Tidbits 1 Fortune Cookie 5 <i>Cal 736 Carb 110 Sod 672</i>
14 Breaded Chicken & gravy 106 Mashed Potatoes 33 Green Bean Almondine 3 Whole Wheat Bread 120 Apricots 5 <i>Cal 685 Carb 92 Sod 866</i>	15 Sloppy Joe on a bun 91 Steamed Brown Rice 5 Mixed Greens 41 Hamburger Bun 320 Sliced Pears 10 <i>Cal 684 Carb 87 Sod 592</i>	16 Breaded Catfish 352 Fiesta Corn 11 O'Brien Potatoes 7 Whole Wheat Bread 120 Strawberry Cup 0 <i>Cal 711 Carb 96 Sod 615</i>	17 Chicken Puttanesca 431 Buttered Noodles 11 Winter Blend 10 Oat Nut Bread 150 Banana 1 <i>Cal 678 Carb 97 Sod 728</i>	18 CHEF SPECIAL Vegetarian Wheat Chili 636 Rice with Lentils 13 Sliced Beets 7 12 Grain Bread 200 Sliced Pears 5 <i>Cal 517 Carb 98 Sod 979</i>
21 President's Day 	22 Beef Stew 72 Boiled Potatoes 4 Broccoli Florets 22 Dinner Roll 210 Sliced Peaches 6 <i>Cal 706 Carb 82 Sod 439</i>	23 Goulash 94 Mixed Root Vegetables 99 Oat Nut Bread 150 Warm Fruit Compote 9 <i>Cal 742 Carb 108 Sod 477</i>	24 Turkey Picatta 478 Sweet Potatoes 30 Mixed Greens 149 12 Grain Bread 200 Vanilla Yogurt ** 50 <i>Cal 627 Carb 92 Sod 1032</i>	25 Breaded Pollack 302 Mulligatawny Soup 121 Monaco Blend Vegetables 36 Corn Bread 210 Fresh Orange <i>Cal 768 Carb 93 Sod 794</i>
28 Orange Chicken 229 Boiled Potatoes 4 Peas & Pearl Onions 34 Oat Nut Bread 150 Pineapple Tidbits 1 <i>Cal 606 Carb 92 Sod 543</i>	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	Sponsored by:  GREYLOCK 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.

