

# Elder Services of Berkshire County - Nutrition Program

# JULY 2022

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><b>HOT LINE</b></p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b></p>		<p>Ingredients purchased from:</p> 		<p><b>1 July 4th Picnic</b></p> <p>Balsamic Grill Chicken 333 Wild Rice 3 Green Beans Vinaigrette 113 Italian Bread 230 <b>Ice Cream **</b> 46</p> <p>cal 723 carb 76 Sod 850</p>
<p><b>4 HAPPY 4TH OF JULY</b></p>  <p><b>CLOSED</b></p>	<p><b>5</b></p> <p>Chicken Almondine 226 Buttered Noodles 11 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Peaches 6</p> <p>cal 626 carb 85 Sod 522</p>	<p><b>6</b></p> <p>Beef Stew 72 Boiled potatoes 4 Brussel sprouts w/cheese 74 12 Grain Bread 200 <b>Snack Loaf **</b> 160</p> <p>cal 884 carb 98 sod 636</p>	<p><b>7</b></p> <p>California Chicken Salad 94 Mushroom Barley Soup 46 Broccoli Florets 22 Hot Dog Roll 180 Pear Crisp 11</p> <p>cal 671 carb 88 Sod 478</p>	<p><b>8 Berkshire Grown</b></p> <p><b>Sweet N Sour Pork</b> 490 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10</p> <p>cal 590 carb 85 sod 764</p>
<p><b>11</b></p> <p>Meatballs&amp; Shells 311 Italian Green Beans 3 Italian Bread 230 Apricots 5</p> <p>cal 612 carb 87 sod 674</p>	<p><b>12</b></p> <p>Yankee Pot Roast 346 Mashed Potatoes 33 Broccoli Florets 22 Dinner Roll 210 Diced Pears 5</p> <p>cal 721 carb 87 sod 741</p>	<p><b>13</b></p> <p>Chicken Marsala 281 Boiled Potatoes 4 Spinach 76 Oat Nut Bread 150 Tropical Fruit Mix 10</p> <p>cal 569 carb 77 sod 646</p>	<p><b>14 GLOBAL TABLE</b></p> <p>Szechuan Noodle Salad 436 Cold Spiced Beets 179 Asian Coleslaw 18 Whole Wheat Bread 120 <b>Key Lime Bavarian**</b> 110</p> <p>cal 769 carb 95 Sod 988</p>	<p><b>15 Berkshire Grown</b></p> <p><b>Shepherd's Pie</b> 75 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7</p> <p>cal 691 carb 85 sod 483</p>
<p><b>18</b></p> <p>Cod Pomadora 461 Boiled Potatoes 4 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6</p> <p>cal 592 carb 92 sod 811</p>	<p><b>19</b></p> <p>Moroccan Beef Stew 170 Mashed Potatoes 33 Harvard Beets 178 Whole Wheat Bread 120 Applesauce 0</p> <p>cal 714 carb 85 sod 626</p>	<p><b>20</b></p> <p><b>Veal Piccata*</b> 502 Steamed Rice 11 Summer Blended 24 Oat Nut Bread 150 Pineapple Tidbits 1</p> <p>cal 735 carb 101 sod 813</p>	<p><b>21</b></p> <p><b>Macaroni &amp; Cheese*</b> 627 Stewed Tomatoes 101 Sliced Carrots 43 12 Grain Bread 200 Mixed Fruit 10</p> <p>cal 602 carb 73 sod 1106</p>	<p><b>22</b></p> <p>Salad w/Chicken &amp; Cheese 276 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0</p> <p>cal 851 carb 83 sod 884</p>
<p><b>25</b></p> <p>Chicken Asparagus 55 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Fresh Nectarine 0</p> <p>cal 619 carb 82 sod 457</p>	<p><b>26</b></p> <p>Sliced Turkey w/Gravy 402 Mashed Sweet Potatoes 30 Cauliflower w/Pimento 17 Oat Nut Bread 150 Fruit Cocktail 10</p> <p>cal 537 carb 82 sod 734</p>	<p><b>27</b></p> <p>Baked Breaded Pollock 302 Scalloped Potatoes 20 Coleslaw 169 Whole Wheat Bread 120 Peach Compote 9</p> <p>cal 865 carb 98 sod 745</p>	<p><b>28</b></p> <p>Beef Chili 217 Steamed Rice 6 Lyonnais Carrots 74 12 Grain Bread 200 Watermelon Chunks 1</p> <p>cal 740 carb 82 sod 623</p>	<p><b>29</b></p> <p>Chicken with Broccoli &amp; Cheese 410 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 <b>Fruited Gelatin **</b> 89</p> <p>cal 767 carb 100 sod 910</p>

**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.