

# Elder Services of Berkshire County - Nutrition Program

# AUGUST 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	
<b>1</b>	Cheese Burger 401 Sliced Red Potatoes 4 Asparagus Cuts 4 Hamburger Bun 190 Applesauce 0	<b>2</b>	Goulash 94 Cauliflower 9 Sliced Beets 185 Italian Bread 230 Fresh Peach 0	<b>3</b>	Turkey Tetrazzini 162 Broccoli Florets 22 Carrot Coins 43 Oat Nut Bread 150 Sliced Pears 5	<b>4</b>	Chicken Bruschetta 365 Gold Potatoes 4 Spinach 76 Whole Wheat Bread 120 Mangoes 0	<b>5</b>	Pot Roast w/Gravy 386 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Sliced Peaches 6
Cal 668 Carb 68 Sod 724	Cal 673 Carb 71 Sod 643	Cal 817 Carb 119 Sod 507	Cal 506 Carb 68 Sod 690	Cal 770 Carb 97 Sod 803					
<b>8</b>	Cauliflower Curry 120 Minted Green Beans 6 Carrots 43 Oat Nut Bread 150 Banana 1	<b>9</b>	Chicken Fajita 385 Black Beans and Rice 28 Corn W/pimentos 52 Flour Tortilla 220 Snack Loaf** 160	<b>10</b>	Meatballs & Penne w/Marinara sauce 314 Broccoli & Cauliflower 10 Italian Bread 230 Fruit Cocktail 10	<b>11</b>	Pork Roast w/gravy 119 Mashed Sweet Potatoes 30 Brussel Sprouts w/cheese 74 12 grain bread 200 Applesauce 0	<b>12</b>	Cold Salmon Filet 67 Pineapple Mango Salsa 2 Coleslaw 169 Chic Pea & Tomatoes 280 Whole Wheat Bread 120 Apricots 5
Cal 607 Carb 89 Sod 445	Cal 835 Carb 104 Sod 970	Cal 660 Carb 93 Sod 689	Cal 668 Carb 82 Sod 548	Cal 792 Carb 83 Sod 767					
<b>15 Berkshire Grown</b>	<b>16</b>	<b>17</b>	<b>18 GLOBAL TABLE</b>	<b>19</b>					
Beef Stroganoff 88 Buttered Noodles 11 Broccoli Florets 22 12 Grain Bread 200 Diced Pears 10	Tuna Nicoise salad 426 Cucumbers 1 Hard boiled egg 55 Oat Nut Bread 150 Mandarin Oranges 7	Chicken Marsala 281 Brown Rice 3 Mixed Greens 149 Whole Wheat Bread 120 Pineapple Tidbits 1	Southwestern Salad 222 Corn, Pepper & Onions 60 Blackbeans & Tomato 45 Dinner Roll 210 Applesauce 0	Low Sod Hot Dog * 540 Sauerkraut 136 Vegetarian Baked Beans 140 Hot Dog Bun 180 Fruit Cocktail 5					
Cal 777 Carb 83 Sod 455	Cal 658 Carb 67 Sod 764	Cal 534 Carb 80 Sod 679	Cal 554 Carb 57 Sod 662	Cal 691 Carb 75 Sod 1126					
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>					
Turkey & Gravy 468 Mashed Sweet Potatoes 30 California Blend 17 Dinner Roll 210 Blueberry Yogurt ** 75	Chicken Salad Sand 251 Mulligatawny Soup 13 Broccoli & Cauliflower 10 Hot Dog Roll 180 Peach Crisp 11	Beef Stew 72 Boiled Potatoes 4 Steamed Cabbage 13 12 Grain Bread 200 Sliced Pears 5	Veal w/Pepper & Onion 470 Buttered Egg Noodles 11 Peas and Carrots 69 Oat Nut Bread 150 Fresh Orange 0	Meatloaf w/ gravy 253 Mashed Potatoes 33 Capri Blend Vegetables 22 Whole Wheat Bread 120 Diced Mangoes 0					
Cal 408 Carb 75 Sod 800	Cal 728 Carb 71 Sod 590	Cal 700 Carb 80 Sod 419	Cal 840 Carb 110 Sod 825	Cal 566 Carb 81 Sod 553					
<b>29</b>	<b>30</b>	<b>31</b>	Ingredients purchased from:						
Orange Chicken 229 Steamed Rice 6 Spinach 76 12 Grain Bread 200 Honey Dew Melon 15	Shepherd's Pie 75 Mashed Potatoes 33 Asparagus Cuts 4 Oat Nut Bread 150 Fresh Pear 2	Breaded Pollock 190 Buttered Noodles 8 Cauliflower w/pimento 17 Whole Wheat Bread 120 Mixed Fruit 10							
Cal 535 Carb 81 Sod 651	Cal 669 Carb 89 Sod 389	Cal 599 Carb 87 Sod 470							

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.

**HOT LINE**  
If you will not be home when your meal is delivered please call our Nutrition Hotline at **1-800-981-5201**

