

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 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>HOT LINE</p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>		<p>Ingredients purchased from:</p> 	<p>1 LABOR DAY LUNCH</p> <p>Cheeseburger 401 German Potato Salad 180 Fiesta Corn 11 Hamburger Bun 190 Chocolate Chip Cookie ** 100</p> <p>Cal 968 Carb 105 Sod 1007</p>	<p>2</p> <p>Chicken Picatta 262 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6</p> <p>Cal 591 Carb 85 Sod 669</p>
<p>5 LABOR DAY</p> 	<p>6</p> <p>Beef Stroganoff 88 Buttered Noodles 8 Brussel Sprouts w.cheese 74 Dinner Roll 210 Fruit Cocktail 5</p> <p>Cal 790 Carb 87 Sod 510</p>	<p>7</p> <p>Chicken Breast 220 3 Bean Salad 199 Cold Spiced Beets 179 Hamburger Bun 190 Fresh Apple 2</p> <p>Cal 596 Carb 87 Sod 915</p>	<p>8</p> <p>Oriental Pork Casserole 230 Steamed Rice 6 Peas and Carrots 69 Whole Wheat Bread 120 Applesauce 0</p> <p>Cal 630 Carb 83 Sod 550</p>	<p>9</p> <p>Swedish Meatballs 299 Mashed Potatoes 33 Mixed Vegetables 43 Rye Bread 230 Diced Pears 5</p> <p>Cal 749 Carb 96 Sod 735</p>
<p>12 Berkshire Grown</p> <p>Roast Pork w/Gravy 119 Mashed Sweet Potatoes 36 Mixed Greens 149 Dinner Roll 210 Spiced Apples 11</p> <p>Cal 676 Carb 90 Sod 650</p>	<p>13</p> <p>Tortellini Primavera* 521 Broccoli 22 Harvard Beets 178 Whole Wheat Bread 120 Fresh Peach 0</p> <p>Cal 663 Carb 108 Sod 966</p>	<p>14 GLOBAL TABLE</p> <p>Spanish Chicken Stew 238 Steamed Rice 6 Coleslaw 169 12 Grain Bread 200 Arroz con Leche ** 49</p> <p>Cal 848 Carb 104 Sod 787</p>	<p>15</p> <p>Sliced Turkey w/Gravy 468 Mashed Potatoes 33 Cut Green Beans 2 Oat Nut Bread 150 Apricots 5</p> <p>Cal 571 Carb 82 Sod 783</p>	<p>16</p> <p>Stuffed Pepper Casserole 68 Italian Vegetables 40 Summer Squash 0 Whole Wheat Bread 120 Fruit Cocktail 5</p> <p>Cal 500 Carb 62 Sod 358</p>
<p>19</p> <p>Beef Stew 131 Mashed Potatoes 33 Zucchini & Squash 4 Oat Nut Bread 150 Tropical Fruit Mix 10</p> <p>Cal 748 Carb 90 Sod 453</p>	<p>20</p> <p>Chicken Puttanesca 331 Sliced Red Potatoes 4 Spinach 76 12 Grain Bread 200 Fresh Orange 0</p> <p>Cal 557 Carb 77 Sod 736</p>	<p>21</p> <p>Butternut Macaroni & Cheese 373 Chunky Tomato Soup 262 Broccoli 22 Whole Wheat Bread 120 Sliced Pears 5</p> <p>Cal 589 Carb 76 Sod 907</p>	<p>22</p> <p>Turkey Sausage & Cheese Taco 410 O'Brien Potatoes 7 Mixed Vegetables 43 1/2 Grain Biscuit 220 Sliced Peaches 6</p> <p>Cal 677 Carb 95 Sod 811</p>	<p>23</p> <p>Baked Breaded Pollock 352 Au Gratin Potatoes 96 French Green Beans 3 Oat Nut Bread 150 Mandarin Oranges 7</p> <p>Cal 620 Carb 79 Sod 733</p>
<p>26</p> <p>Chicken Cordon Bleu 557 Garlic Mashed Potatoes 33 California Blend 17 Dinner Roll 210 Mixed Fruit 10</p> <p>Cal 653 Carb 87 Sod 952</p>	<p>27</p> <p>Beef & Broccoli 411 Steamed White Rice 6 Snap Peas 3 Whole Wheat Bread 120 Fresh Apple 2</p> <p>Cal 694 Carb 85 Sod 667</p>	<p>28</p> <p>Chicken Marsala 281 Boiled Red Potatoes 4 Spinach 76 12 Grain Bread 200 Applesauce 0</p> <p>Cal 524 Carb 70 Sod 686</p>	<p>29</p> <p>Mini Ravioli w/ Meat Sauce 429 Broccoli 22 Wax Beans 2 Italian Bread 230 Fresh Pear 2</p> <p>Cal 659 Carb 97 Sod 810</p>	<p>30</p> <p>Chicken Breast w/Gravy 227 Mashed Potatoes 33 Lyonnaise Carrots 74 Whole Wheat Bread 120 Sliced Peaches 6</p> <p>Cal 579 Carb 80 Sod 585</p>

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodiu

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.