

# Elder Services of Berkshire County - Nutrition Program

# NOVEMBER 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> 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>2</b> Beef Stew 72 Boiled Red Potatoes 4 5 Way Blend 38 Whole Wheat Bread 120 <b>Chocolate Pudding **</b> 430 <i>Cal 823 Carb 94 Sod 789</i>	<b>3</b> White Chicken Chili 261 Steamed Brown Rice 3 Monaco Vegetables 7 Corn Bread 210 Fresh Orange 0 <i>Cal 729 Carb 98 Sod 606</i>	<b>4</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>7</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>8</b> Chicken Pot Pie 105 Asparagus Cuts 4 Biscuit 220 Warm Fruit Compote 7 <i>Cal 616 Carb 86 Sod 461</i>	<b>9</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>10</b> Chicken Picatta 362 Autumn Harvest Soup 54 Boiled Red Potatoes 4 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 482 Carb 62 Sod 672</i>	<b>11</b> <b>HAPPY VETERAN'S DAY</b>  <b>CLOSED</b>
<b>14</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>15</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>16</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>17 Thanksgiving Meal</b> Sliced Turkey & Gravy 402 Mashed Potatoes 33 Carrot, Parsnips & Butternut 47 Whole Wheat Bread 120 <b>Pumpkin Pie **</b> 300 <i>Cal 828 Carb 120 Sod 1027</i>	<b>18</b> Beef stroganoff 88 Buttered Noodles 8 Peas w/ pimento 43 12 Grain Bread 200 Fresh Orange 0 <i>Cal 784 Carb 91 Sod 464</i>
<b>21</b> Orange Chicken 229 Boiled Red Potatoes 4 Capri Blend Vegetables 22 Oat Nut Bread 150 Banana 1 <i>Cal 625 Carb 95 Sod 531</i>	<b>22</b> <b>Macaroni &amp; Cheese*</b> 627 Stewed Tomatoes 101 Mixed Greens 149 Malted Rye Bread 10 Sliced Pears 5 <i>Cal 691 Carb 90 Sod 1017</i>	<b>23</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>28</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>29 Berkshire Grown</b> <b>Moroccan Beef Stew</b> 170 Mashed Potatoes 33 Lyonnais Carrots 74 Oat Nut Bread 150 Fresh Apple 2 <i>Cal 817 Carb 104 Sod 554</i>	<b>30</b> Chicken Marsala 281 Mashed Sweet Potatoes 36 Italian Green Beans 3 12 Grain Bread 200 Diced Pears 10 <i>Cal 553 Carb 86 Sod 655</i>	<b>Ingredients purchased from:</b> 	
				<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>

**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.