

# Elder Services of Berkshire County - Nutrition Program

# OCTOBER 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>3</b> Baked Pollock Loin 97 Boiled Red Potatoes 4 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Pears 5 Cal 530 Carb 70 Sod 385	<b>4</b> Greek Chicken Stew 388 Rice w/ Beans 28 Broccoli 22 12 Grain Bread 200 Mandarin Oranges 7 Cal 584 Carb 82 Sod 770	<b>5</b> Turkey & Gravy 402 Mashed Potatoes 33 Capri Blend 22 Dinner Roll 210 Tapioca Pudding ** 193 Cal 667 Carb 90 Sod 985	<b>6</b> Sweet & Sour Meatball 384 Wild Rice Pilaf 60 Cauliflower 9 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 575 Carb 80 Sod 703	<b>7</b> Macaroni & Cheese* 627 Stewed Tomatoes 101 Wax & Green Bean 3 Oat Nut Bread 150 Apricots 5 Cal 620 Carb 76 Sod 1011
<b>10</b> <b>HAPPY COLUMBUS DAY</b>  Closed	<b>11</b> Orange Chicken 229 Buttered Noodles 8 Red Cabbage & Apples 37 Whole Wheat Bread 120 Applesauce 0 Cal 576 Carb 79 Sod 519	<b>12</b> Chuckwagon Stew 395 Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Sliced Peaches 6 Cal 760 Carb 97 Sod 752	<b>13</b> Chicken Fajita w/Onions & Peppers 174 Rice w/Beans 28 Peas 66 Tortilla Shell 190 Spiced Apples 11 Cal 672 Carb 105 Sod 594	<b>14</b> Salisbury Steak w/Gravy 440 Boiled Red Potatoes 4 Winter Blend 10 12 Grain Bread 200 Fresh Orange 0 Cal 568 Carb 81 Sod 779
<b>17</b> Chicken Puttanesca 430 Mashed Potatoes 33 Monaco Vegetables 7 Whole Wheat Bread 120 Fresh Apple 2 Cal 574 Carb 82 Sod 717	<b>18</b> Tuna Salad Sandwich 399 Cream Cabbage Soup 69 Sliced Carrots 43 Hot Dog Roll 180 Peach Crisp 11 Cal 683 Carb 77 Sod 827	<b>19</b> Meatball Grinder 311 Buttered Penne 2 California Vegetables 17 6" Grinder roll 280 Applesauce 0 Cal 730 Carb 108 Sod 735	<b>20</b> Chicken Divan 379 Boiled Gold Potatoes 4 Spinach 76 12 Grain Bread 200 Diced Pears 5 Cal 614 Carb 84 Sod 789	<b>21</b> Roast Pork w/Gravy 119 Mashed Sweet Potato 36 Succotash 41 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 725 Carb 98 So 481
<b>24</b> Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Sliced Peaches 6 Cal 753 Carb 90 Sod 431	<b>25</b> Cheese Lasagna Roll* 501 Cauliflower w/Pimento 17 Peas 66 Italian Bread 230 Fresh Pear 2 Cal 701 Carb 107 Sod 941	<b>26</b> Cranberry Glaze Chicken Breast 227 Mashed Potatoes 33 Antiqua Vegetables 12 Whole Wheat Bread 120 Apricots 5 Cal 639 Carb 100 Sod 522	<b>27 HALLOWEEN</b> Ghoulish 94 Sliced Beets 185 Mixed Greens 149 12 Grain Bread 200 Fruited Orange Gelatin ** 44 Cal 732 Carb 96 Sod 797	<b>28 GLOBAL TABLE</b> Asian Pork Soup 295 Steamed Rice 6 Snap Peas 3 Oat Nut Bread 150 Pineapple & Fortune Cookie 1 Cal 789 Carb 104 Sodiur 580
<b>31</b> Chicken Cordon Bleu* 557 Mashed Potatoes 33 Butternut Squash 2 Dinner Roll 210 Sliced Pears 5 Cal 761 Carb 101 Sod 932			<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.

