

# Elder Services of Berkshire County - Nutrition Program

# FEBRUARY 2023

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>Ingredients purchased from:</p>    |   | <p><b>1</b></p> <p>Shepherd's Pie 75<br/>Mashed Potatoes 33<br/>Spinach 76<br/>Whole Wheat Bread 120<br/>Fruit Cocktail 5</p> <p>Cal 651 Carb 76 Sod 434</p>                  | <p><b>2</b></p> <p>Moroccan Beef Stew 170<br/>Buttered Noodles 11<br/>Asparagus Cuts 4<br/>Dinner Roll 210<br/>Mandarin Oranges 7</p> <p>Cal 734 Carb 87 Sod 526</p> | <p><b>3</b></p> <p>Cheeseburger 401<br/>German Potato Salad 180<br/>Brussel Sprouts 14<br/>Hamburger Bun 190<br/>Applesauce 0</p> <p>Cal 766 Carb 85 Sod 910</p>   |
| <p><b>6</b></p> <p>Roast Pork w/BBQ Sauce 290<br/>Boiled Potatoes 4<br/>Corn 15<br/>Dinner Roll 210<br/>Fresh Orange 0</p> <p>Cal 705 Carb 85 Sod 644</p>                    | <p><b>7</b></p> <p>Beef Patty w/Peppers &amp; Onions 328<br/>Au gratin Potatoes 96<br/>Peas 58<br/>Whole Wheat Bread 120<br/>Spiced Apples 11</p> <p>Cal 687 Carb 71 Sod 738</p>                     | <p><b>8</b></p> <p>Chicken Almondine 226<br/>Mashed Potatoes 33<br/>French Cut Green Beans 3<br/>Oat Nut Bread 150<br/>Sliced Peaches 6</p> <p>Cal 631 Carb 87 Sod 543</p>    | <p><b>9</b></p> <p>Butternut Mac &amp; Cheese 373<br/>Beef Barley Soup 45<br/>Broccoli 22<br/>Dinner Roll 210<br/>Diced Pears 10</p> <p>Cal 681 Carb 83 Sod 785</p>  | <p><b>10 GLOBAL TABLE</b></p> <p>Oriental Chicken 365<br/>Steamed Brown Rice 3<br/>Oriental Mixed Vegetables 21<br/>Oat Nut Bread 150<br/>Pineapple Tidbits 1<br/>Fortune Cookie 5</p> <p>Cal 736 Carb 110 Sod 670</p> |
| <p><b>13</b></p> <p>Sloppy Joe on a Bun 91<br/>Steamed Brown Rice 5<br/>Mixed Greens 41<br/>Hamburger Bun 320<br/>Sliced Peaches 6</p> <p>Cal 692 Carb 91 Sod 588</p>        | <p><b>14 Valentine's Day</b></p> <p>Breaded Chicken &amp; gravy * 580<br/>Mashed Potatoes 33<br/>Green Bean Almondine 3<br/>Dinner Roll 210<br/>Strawberry Cup 0</p> <p>Cal 752 Carb 108 Sod 951</p> | <p><b>15</b></p> <p>Cheese &amp; Bacon Omelet 270<br/>Fiesta Corn 11<br/>O'Brien Potatoes 7<br/>Whole Wheat Bread 120<br/>Apricot Halves 5</p> <p>Cal 612 Carb 78 Sod 538</p> | <p><b>16</b></p> <p>Chicken Puttanesca 431<br/>Buttered Noodles 11<br/>Winter Blend 10<br/>Oat Nut Bread 150<br/>Banana 1</p> <p>Cal 678 Carb 97 Sod 728</p>         | <p><b>17 CHEF SPECIAL</b></p> <p>Vegetarian Wheat Chili * 636<br/>Rice with Lentils 13<br/>Beets &amp; Pearl Onion 7<br/>12 Grain Bread 200<br/>Sliced Pears 5</p> <p>Cal 517 Carb 98 Sod 979</p>                      |
| <p><b>20</b></p> <p>President's Day</p>   | <p><b>21 MARDI GRAS</b></p> <p>Chicken &amp; Sausage Jambalaya 426<br/>Rice with Orzo 6<br/>Mardi Gras Greens 92<br/>Mini Cornbread Loaf 210<br/>Cupcake ** 170</p> <p>Cal 902 Carb 111 Sod 1029</p> | <p><b>22 Ash Wednesday</b></p> <p>Lasagna Roll 370<br/>Mixed Root Vegetables 99<br/>Vienna Bread 210<br/>Warm Fruit Compote 9</p> <p>Cal 575 Carb 102 Sod 813</p>             | <p><b>23</b></p> <p>Turkey Picatta 478<br/>Sweet Potatoes 30<br/>Mixed Greens 149<br/>12 Grain Bread 200<br/>Mixed Fruit Cup 6</p> <p>Cal 592 Carb 88 Sod 988</p>    | <p><b>24</b></p> <p>Breaded Pollack 302<br/>Mulligatawny Soup 121<br/>Monaco Blend Vegetables 7<br/>Italian Bread 230<br/>Fresh Orange</p> <p>Cal 624 Carb 77 Sod 785</p>  |
| <p><b>27</b></p> <p>Orange Chicken 229<br/>Boiled Potatoes 4<br/>Peas &amp; Pearl Onions 34<br/>Oat Nut Bread 150<br/>Pineapple Tidbits 1</p> <p>Cal 606 Carb 91 Sod 543</p> | <p><b>28</b></p> <p>Beef Chili 100<br/>Steamed Brown Rice 3<br/>Mixed Greens 149<br/>Italian Bread 230<br/>Sliced Pears 5</p> <p>Cal 580 Carb 80 Sod 612</p>   |   | <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>                         |  |

**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.

