


Elder Services of Berkshire County - Nutrition Program

MARCH 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>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>1</p> <p>Sliced Turkey & Gravy 402 Mashed Potatoes 33 Snow Peas 3 Dinner Roll 210 Banana 1</p> <p>Cal 577 Carb 79 Sod 774</p>	<p>2</p> <p>Chuck wagon Stew 408 Buttered Noodles 11 Broccoli Florets 22 100% Whole Wheat Bread 120 Applesauce 0</p> <p>Cal 744 Carb 83 Sod 686</p>	<p>3</p> <p>Stuffed Shells w/ Marinara 491 Winter Vegetable Blend 10 Italian Beans 3 Oat Nut Bread 150 Fruit Cocktail 5</p> <p>Cal 617 Carb 100 Sod 784</p>
<p>6</p> <p>Salisbury Steak 361 Rice w/Orzo 6 Lyonnaisse Carrots 74 12 Grain Bread 200 Fruit Cocktail 5</p> <p>Cal 618 Carb 86 Sod 771</p>	<p>7</p> <p>Roast Pork with Gravy 119 Sweet Potatoes 36 Cauliflower 11 Dinner Roll 210 Pumpkin Pudding 110</p> <p>Cal 627 Carb 75 Sod 611</p>	<p>8</p> <p>Veal w/ Pepper & Onion 470 Au gratin Potatoes 96 Beets 185 Whole Wheat Bread 120 Pineapple Tidbits 1</p> <p>Cal 726 Carb 89 Sod 997</p>	<p>9</p> <p>Broccoli & Cheese Chicken 417 Mashed Potatoes 33 Green Beans 2 Oat Nut Bread 150 Pears 10</p> <p>Cal 724 Carb 92 Sod 737</p>	<p>10</p> <p>Lentil Stew 104 Red Cabbage & Apples 37 Peas w/Mushrooms 65 12 Grain Bread 200 Sliced Peaches 6</p> <p>Cal 585 Carb 102 Sod 537</p>
<p>13</p> <p>Ravioli w/Meat Sauce 342 Fiesta Corn 11 Italian Blend Vegetables 40 Oat Nut Bread 150 Fruit Cocktail 5</p> <p>Cal 705 Carb 96 Sod 673</p>	<p>14</p> <p>Chicken Teriyaki 436 Buttered Noodles 11 Sliced Carrots 43 12 Grain Bread 200 Tropical Fruit Mix 10</p> <p>Cal 656 Carb 96 Sod 825</p>	<p>15</p> <p>Calico Beans and Sausage 469 Steamed Brown Rice 3 Cauliflower w/Pimento 17 Whole Wheat Bread 120 Apricots 5</p> <p>Cal 712 Carb 83 Sod 739</p>	<p>16 ST. PATTY'S DAY</p> <p>Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 13 Rye Bread 260 Green Gelatin w/Pears ** 89</p> <p>Cal 626 Carb 81 Sod 1054</p>	<p>17</p> <p>Salmon Filet with Dill Sauce 102 Sliced Gold Potatoes 4 Asparagus 4 Dinner Roll 210 Applesauce 0</p> <p>Cal 505 Carb 64 Sod 445</p>
<p>20</p> <p>Moroccan Beef Stew 170 Red Potatoes 4 Mixed Greens 149 Whole Wheat Bread 120 Sliced Pears 5</p> <p>Cal 692 Carb 81 Sod 573</p>	<p>21</p> <p>Chicken Marsala 378 Mashed Potatoes 33 Mixed Vegetables 133 Oat Nut Bread 150 Sliced Peaches 6</p> <p>Cal 810 Carb 120 Sod 825</p>	<p>22</p> <p>Macaroni & Cheese* 627 Stewed Tomatoes 101 Green Beans 3 Whole Wheat Bread 120 Mandarin Oranges 7</p> <p>Cal 554 Carb 63 Sod 983</p>	<p>23</p> <p>Meatloaf w/Gravy 371 Scalloped Potatoes 20 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2</p> <p>Cal 573 Carb 92 Sod 732</p>	<p>24</p> <p>Tuna Salad 399 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 7</p> <p>Cal 850 Carb 125 Sod 1103</p>
<p>27</p> <p>Chicken Piccata 362 Rice Pilaf 11 Sliced Carrots 43 12 Grain Bread 200 Diced Mangoes 0</p> <p>Cal 527 Carb 81 Sod 741</p>	<p>28</p> <p>Goulash 94 Corn 1 Broccoli Florets 22 Italian Bread 230 Fruit Cocktail 5</p> <p>Cal 683 Carb 94 Sod 477</p>	<p>29</p> <p>Beef Stew 72 Mashed Potatoes 31 Scandinavian Vegetables 59 Whole Wheat Bread 120 Orange 0</p> <p>Cal 640 Carb 72 Sod 407</p>	<p>30 SPRING DINNER</p> <p>LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 250 Key Lime Bavarian ** 110</p> <p>Cal 603 Carb 92 Sod 970</p>	<p>31</p> <p>Baked Breaded Pollock 220 Confetti Rice 15 Wax Beans 2 Oat Nut Bread 150 Applesauce 0</p> <p>Cal 604 Carb 89 Sod 512</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.

