

Elder Services of Berkshire County - Nutrition Program

MAY 2024

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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		1 Moroccan Beef Stew 170 Warm Barley 5 Brussel Sprouts 14 12 Grain Bread 200 Sliced Peaches 6 <i>Cal 694 Carb 93 Sod 520</i>	2 Veal Parmesan* 753 Pasta w/Marinara Sauce 52 Yellow & Green Beans 3 Whole Grain White Bread 120 Mixed Fruit 10 <i>Cal 807 Carb 97 Sod 1063</i>	3 Sweet N Sour Pork 495 Brown Rice 3 Broccoli Florets 22 Oat Nut Bread 150 Dried Cranberries 2 <i>Cal 672 Carb 102 Sod 797</i>
6 COLD MEAL Chicken Caesar Salad 149 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 550 Carb 57 Sod 561</i>	7 Pasta Primavera* 521 Chickpea Tomato Medley 176 Rye Bread 230 Warm Applesauce 0 <i>Cal 741 Carb 115 Sod 1052</i>	8 Chicken Burger with Tomato Slice 338 Au gratin Potatoes 96 Cauliflower w/pimento 17 Hamburger Bun 320 Sliced Pears 5 <i>Cal 612 Carb 38 Sod 901</i>	9 Mother's Day Meal Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Asparagus Cuts 4 Dinner Roll 210 Choco Chip Brownie ** 117 <i>Cal 681 Carb 89 Sod 891</i>	10 Lasagna w/Meat Sauce* 470 Wax Beans 2 Peas with Pimentos 79 Whole Wheat Bread 120 Sliced Peaches 6 <i>Cal 734 Carb 103 Sod 802</i>
13 Mike's Pastitsio (Greek Lasagna) Salad, Garlic Bread and Dessert \$5 seniors/ \$7 under 60	14 Teriyaki Beef w/ Broccoli 411 Steamed White Rice 4 Sliced Carrots 43 12 Grain Bread 200 Pineapple & Mandarins 4 <i>Cal 689 Carb 83 Sod 787</i>	15 Chicken Bruschetta 365 Butter Noodles 8 Lima Beans 59 Whole Wheat Bread 120 Fresh Apple 2 <i>Cal 692 Carb 106 Sod 679</i>	16 Homemade Meatloaf w/Gravy 284 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt ** 75 <i>Cal 839 Carb 98 Sod 743</i>	17 Chicken stuffed With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Strawberry Cup 0 <i>Cal 729 Carb 108 sod 821</i>
20 Chicken Marsala 272 Sour Cream Mashed 32 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 <i>Cal 495 Carb 67 Sod 703</i>	21 Roast Pork w/Gravy 88 Rice Florentine 241 Spring Blend Vegetables 62 Oat Nut Bread 150 Applesauce 0 <i>Cal 651 Carb 87 Sod 666</i>	22 Bob's Oven Baked Barbecue Chicken Coleslaw, Macaroni Salad and dessert \$5 seniors/ \$7 under 60	23 Memorial Day Picnic Low Sodium Hot Dog* 540 Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Roll 180 Melon Cup 15 <i>Cal 667 Carb 69 Sod 1136</i>	24 COLD MEAL Chicken Salad 251 Ancient Grains Mix 214 New England Slaw 45 1/2 Pita 80 Fresh Orange 0 <i>Cal 781 Carb 78 Sod 715</i>
27  No Meal Delivery Today	28 Geer Village Free Box Lunch followed by Balance Class	29 COLD MEAL Salmon w/Soy Ginger 241 Green Bean Vinaigrette 113 Cold Spiced Beets 179 Oat Nut Bread 150 Pineapple 1 <i>Cal 679 Carb 81 Sod 809</i>	30 Breaded Chix Patty 517 w/Tomato slice 2 Corn Chowder 173 Sliced Carrots 17 Hamburger Roll 320 Mangoes 0 <i>Cal 778 Carb 102 Sod 637</i>	31 1st Cookout of the Season Hamburgers, Hot dogs, Baked Beans, Potato Salad and Dessert \$5 seniors/ \$7 under 60

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

*High Sodium **Modifications for restricted sugar available

Calories and sodium from salad dressings, margarine, crackers and condiments are not included.

Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.