

Elder Services of Berkshire County - Nutrition Program

MARCH 2020

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Chicken 304 Peas & Pearl Onions 34 Boiled Red Potatoes 4 Oat Nut Bread 150 Pineapple Tidbits 1 <hr/> Calories: 634 Sodium: 618	3 Beef Chili 184 Steamed Brown Rice 5 Mixed greens 149 Mini Corn Bread Loaf 211 Sliced Pears 5 <hr/> Calories: 745 Sodium: 679	4 Sliced Turkey & Gravy 472 Mashed Potatoes 97 Butternut Squash 34 Dinner Roll 210 Cranberry Sauce 8 Banana 1 <hr/> Calories: 670 Sodium: 947	5 Chuckwagon Stew 394 Minestrone Soup 63 Broccoli Florets 22 100% Whole Wheat 120 Applesauce 0 <hr/> Calories: 586 Sodium: 724	6 Cheese Lasagna w/Marinara * 501 Sliced Carrots 43 Italian Beans 3 Oat Nut Bread 150 Fruit Cocktail 5 <hr/> Calories: 674 Sodium: 827
9 Salisbury Steak w Gravy 362 Rice w/Orzo 6 Lyonnaise Carrots 74 12 Grain Bread 200 Fresh Orange 0 <hr/> Calories: 634 Sodium: 767	10 Roast Pork w/Gravy 136 Sweet Potatoes 36 Cauliflower 4 Dinner Roll 210 Tropical Fruit Mix 10 <hr/> Calories: 572 Sodium: 521	11 Veal w/Peppers and Onions 405 AuGratin Potatoes 93 Beets 26 100% Whole Wheat Bread 120 Pineapple Chunks 1 <hr/> Calories: 697 Sodium: 770	12 Broccoli & Cheese Stuffed Chicken w/Gravy 417 Mashed Potatoes 97 Spinach 76 Oat Nut Bread 150 Diced Pears 10 <hr/> Calories: 727 Sodium: 875	13 Lentil Stew 104 Mixed Greens 149 Peas w/Mushrooms 65 12 Grain Bread 200 Sliced Peaches 6 <hr/> Calories: 588 Sodium: 649
16 Ravioli w Meat Sauce 259 Broccoli Florets 22 Italian Blend Vegetables 40 Oat Nut Bread 150 Fruit Cocktail 5 <hr/> Calories: 559 Sodium: 601	17 St. Pat's Day Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 1 100% Whole Wheat Bread 120 Green Gelatin w/Pears 89 <hr/> Calories: 566 Sodium: 902	18 BBQ Chicken Breast * 661 Buttered Noodles 8 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 6 <hr/> Calories: 659 Sodium: 1043	19 Cook Out hamburgers hot dogs potato salad beans	20 Pollock Loin 250 Sliced Gold Potatoes 4 Mashed Butternut Squash 2 Dinner Roll 210 Applesauce 0 Tartar Sauce 261 <hr/> Calories: 591 Sodium: 852
23 Moroccan Beef Stew 178 Red Potatoes 4 Mixed Greens 149 100% Whole Wheat 120 Sliced Pears 5 <hr/> Calories: 681 Sodium: 581	24 Chicken Marsala 270 Mashed Potatoes 97 Mixed Vegetables 133 Oat Nut Bread 150 Fresh Orange <hr/> Calories: 719 Sodium: 775	25 Macaroni & Cheese * 627 Stewed Tomatoes 101 Green Beans 3 Whole Wheat Bread 120 Sliced Peaches 6 <hr/> Calories: 626 Sodium: 982	26 Meatloaf w/Gravy 371 Scalloped Potatoes 20 Brussels Sprouts 5 12 Grain Bread 200 Lemon Bavarian 183 <hr/> Calories: 579 Sodium: 904	27 Tuna Salad 399 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 7 <hr/> Calories: 869 Sodium: 1103
30 Chicken Piccatta 254 Mashed Potatoes 97 Broccoli Florets 22 12 Grain Bread 200 Fig Bar 80 <hr/> Calories: 778 Sodium: 778	31 Goulash 94 Spinach 76 Sliced Carrots 43 Italian Bread 230 Fruit Cocktail 5 Tossed Salad (dining sites) 0 <hr/> Calories: 645 Sodium: 573			Sponsored in part by: 

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

Calories and sodium from salad dressings, butter, crackers and condiments are not included. *Higher Sodium **Modifications for restricted sugar available
 Nutrition information provided is not exact but will help guide you.

Menu subject to change.

HOME DELIVERED MEALS:
 If you will not be home when your meal is delivered please **CALL** our **NUTRITION HOTLINE** at 1-800-981-5201