Elder Services of Berkshire County - Nutrition Program

APRIL 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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at **1-800-981-5201**			**31 SPRING DINNER** LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 180 **Key Lime Bavarian **** 60 *Cal 563 Carb 86 Sod 850*	**1** Baked Breaded Pollock 220 O'Brien Potatoes 7 Broccoli Florets 22 Oat Nut Bread 150 Applesauce 0 *Cal 654 Carb 91 Sod 524*
4 **Pork Chili*** 518 White Rice w/lentils 7 Asparagus 4 Corn Bread 210 Diced Pears 5 *Cal 704 Carb 95 Sod 869*	**5** Sliced Turkey & Gravy 402 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11 *Cal 604 Carb 86 Sod 828*	**6** Beef Cabbage Casserole 87 Green Beans 2 Cauliflower w/Pimento 17 Oat Nut Bread 150 Mixed Fruit 10 *Cal 580 Carb 72 Sod 391*	**7** Lemon Herb Chicken 233 Parmesan Risotto 79 Brussel Sprouts 14 12 Grain Bread 200 Banana 1 *Cal 655 Carb 98 Sod 652*	**8** Stuffed Shells 491 Spinach 76 3 bean salad 118 Italian Bread 230 Peach Crisp 6 *Cal 599 Carb 99 Sod 1046*
11 Beef Stroganoff 88 Buttered Noodles 8 Winter Blend Vegetables 10 Dinner Roll 210 Fruit Cocktail 5 *Cal 728 Carb 81 Sod 446*	**12** Chicken Almondine 226 Sliced Potatoes 4 Peas & Carrots 69 Oat Nut Bread 150 **Blueberry Yogurt **** 75 *Cal 611 Carb 86 Sod 649*	**13** Tuna on Bed of Lettuce 258 3 Bean Salad 150 Cold Spiced Beets 179 12 Grain Bread 200 Fresh Orange 0 *Cal 531 Carb 75 Sod 912*	**14** Italian Meatballs 311 Rotini Pasta 3 Monaco Vegetables 7 Whole Wheat Bread 120 Diced Mangoes 0 *Cal 703 Carb 107 Sod 566*	**15** Cheese Omelet 420 Sliced Potatoes 4 Italian Blend Vegetables 40 1/2 Biscuit 220 Bananas 1 *Cal 686 Carb 80 Sod 810*
18 PATRIOT'S DAY **Closed**	**19** **Veal Picatta*** 502 Mashed Potatoes 33 Green Beans 2 Whole Wheat Bread 120 Sliced Peaches 6 *Cal 743 Carb 92 Sod 788*	**20** Chicken Bruschetta 465 Buttered Noodles 8 Mixed Greens 149 Oatnut Bread 150 Apricots 5 *Cal 653 Carb 89 Sod 902*	**21** Pork Roast w/Gravy 119 Mashed Potatoes 33 Mixed Vegetables 43 12 Grain Bread 200 Applesauce 0 *Cal 717 Carb 85 Sod 520*	**22** Beef Teriyaki w/Broccoli 411 Steamed Rice 6 Oriental Vegetables 21 Oat Nut Bread 150 Pineapple & Mandarin 4 *Cal 741 Carb 91 Sod 717*
25 Hawaiian Chicken 392 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 *Cal 635 Carb 91 Sod 799*	**26** Beef Stew 72 Buttered Potatoes 4 Mixed Greens 149 Dinner Roll 210 Fresh Apple 2 *Cal 763 Carb 92 Sod 562*	**27** Salisbury Steak 410 Rice Pilaf 11 Butternut Squash 22 12 Grain Bread 200 Strawberry Cup 0 *Cal 688 Carb 88 Sod 768*	**28** Butternut Mac & Cheese 373 Chunky Tomato Soup 262 Cut Green Beans 2 Oatnut Bread 150 Sliced Pears 5 *Cal 643 Carb 85 Sod 917*	**29** Chicken Divan 379 Buttered Noodles 8 Peas and Mushrooms 65 Whole Wheat Bread 120 Tropical Fruit Mix 10 *Cal 671 Carb 92 Sod 707*

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.

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