



Elder Services of Berkshire County - Nutrition Program

DECEMBER 2019

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 Goulash 94 Mixed Greens 149 California Blend Vegetables 31 Italian Bread 230 Fresh Pear 2 <i>Calories: 724 Sodium: 631</i>	3 Spanish Rice 93 Spinach 76 Cauliflower 4 Oat Nut Bread 150 Cranberry Orange Snack N Loaf 120 <i>Calories: 787 Sodium: 568</i>	4 Chicken Divan 55 Roasted Potatoes 49 Sliced Carrots 43 100% Whole Wheat Bread 120 Sliced Peaches 5 <i>Calories: 544 Sodium: 397</i>	5 Veal w/Peppers & Onions 405 Mashed Potatoes 97 Peas and Pimiento 58 12 Grain Bread 200 Sliced Pears 5 <i>Calories: 816 Sodium: 890</i>	6 Roast Pork w/Gravy 118 Sweet Potatoes 44 Brussels Sprouts 5 Dinner Roll 210 Applesauce 14 <i>Calories: 640 Sodium: 516</i>
9 Baked Pollock Loin 250 German Potato Salad 257 Sliced Beets 26 100% Whole Wheat Bread 120 Fresh Orange 0 <i>Calories: 564 Sodium: 778</i>	10 Salisbury Steak 440 Mashed Potatoes 97 Butternut Squash 2 12 Grain Bread 200 Mixed Fruit 3 <i>Calories: 649 Sodium: 867</i>	11 Stuffed Shells w/Marinara 491 Italian Wedding Soup 303 Italian Beans 3 Italian Bread 230 *Tossed salad at dining sites 0 Diced Pears 5 <i>Calories: 673 Sodium: 1157</i>	12 Bone In Chicken w/gravy 102 Sweet Potatoes 44 Cauliflower 4 Oat Nut Bread 150 Apricots 5 <i>Calories: 633 Sodium: 430</i>	13 Sweet N Sour Meatballs 384 Steamed Brown Rice 5 Steamed Cabbage 3 100% Whole Wheat Bread 120 Chocolate Pudding ** 185 <i>Calories: 832 Sodium: 822</i>
16 BBQ Pork Patty 280 w/Onion & Peppers 9 Roasted Gold Potatoes 6 Peas and Carrots 69 12 Grain Bread 200 Applesauce 14 <i>Calories: 580 Sodium: 703</i>	17 Chicken Bruschetta 465 Wide Egg Noodles 11 Mixed Greens 149 Oat Nut Bread 150 Diced Peaches 5 <i>Calories: 682 Sodium: 905</i>	18 Calico Beans & Sausage 469 Steamed White Rice 4 Broccoli Florets 22 100% Whole Wheat Bread 120 Fresh Apple 2 <i>Calories: 726 Sodium: 742</i>	19 Holiday Meal Roast Beef w/ Gravy 66 Mashed Potatoes 97 Carrot, Parsnip, Turnip Medley 47 Snowflake Roll 180 Trifle ** 606 <i>Calories: 773 Sodium: 1121</i>	20 Baked Breaded Pollock 190 California Blend Vegetables 20 Roasted Red Potatoes 6 Oat Nut Bread 150 Mixed Fruit 3 <i>Calories: 631 Sodium: 494</i>
23 Chicken Sorrento * 726 Brown Rice w/Orzo 6 Wintet Blend Vegetables 10 Oat Nut Bread 150 Banana 1 <i>Calories: 681 Sodium: 1018</i>	24 Vegetable Pinwheel 470 w/Marinara Dipping Sauce 51 Tuscan Blend Vegetables 40 Applesauce 14 <i>Calories: 531 Sodium: 700</i>	25 CHRISTMAS DAY	26 Macaroni & Cheese * 627 Chunky Tomato Soup 262 Peas and Pearl Onions 34 100% Whole Wheat Bread 120 Mixed Fruit 3 <i>Calories: 781 Sodium: 1171</i>	27 Beef Burgundy 59 Wide Egg Noodles 8 Sliced Carrots 43 12 Grain Bread 200 Tropical Fruit Mix 10 <i>Calories: 711 Sodium: 445</i>
30 Sloppy Joe 91 Sliced Potatoes 4 Mixed Vegetables 43 Hamburg Roll 230 Cold Fruit Compote 7 <i>Calories: 817 Sodium: 500</i>	31 Chicken Almondine 101 Mashed Potatoes 97 Italian Mixed Vegetables 40 12 Grain Bread 200 Diced Pears 5 <i>Calories: 688 Sodium: 568</i>	NEW YEAR'S DAY		Sponsored in part by: 

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. *Higher Sodium Entree **Modifications for restricted sugar available
 Nutrition information provided is not exact but will help guide you.

HOME DELIVERED MEALS: If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

Menu subject to change.