

Elder Services of Berkshire County - Nutrition Program

JANUARY 2026

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						2 Sweet & Sour Pork 495 Warm Barley 5 Mixed Root Vegetables 37 Corn Bread 179 Mixed Fruit 10 Cal 721 Carb 105 Sod 851	
								No Meal Delivery Today	
5 Beef & Cabbage Casserole 88 Wax Beans 2 Peas and Carrots 69 Whole Wheat Bread 120 Sliced Pears 5 Cal 542 Carb 68 Sod 409		6 Stuffed Shells 228 Cauliflower 11 Spinach 76 Oat Nut Bread 150 Diced Mangos 0 Cal 522 Carb 84 Sod 590		7 Hank's Chicken Bruschetta Served with Holiday Rice Butternut Squash Puree Dessert		8 Swedish Meatballs * 544 Boiled Potatoes 15 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2 Cal 706 Carb 91 Sod 900		9 Chicken w/Gravy 227 Mashed Potatoes 33 Autumn Harvest Soup 49 Dinner Roll 210 Raisins 4 Cal 621 Carb 95 Sod 648	
12 Chicken Curry 77 Coconut Rice 7 Minted Green Beans 6 Rye Bread 260 Apricot Halves 5 Cal 717 Carb 90 Sod 480		13 Roast Pork w/gravy 79 Sweet Potato 30 Boiled Cabbage 6 Whole Wheat Bread 120 Applesauce 0 Cal 559 Carb 68 Sod 360		14 Macaroni & Cheese * 663 Split Pea Soup 42 Tuscany Blend Vegetables 35 Oat Nut Bread 150 Sliced Peaches 6 Cal 652 Carb 86 Sod ###		15 Barbara's Overnight French Toast Sausage Fruit		16 Breaded Fish Sandwich 302 White Rice 6 Carrots 43 Hamburger Bun 320 Pineapple 1 Cal 744 Carb 101 Sod 797	
19  No Meal Delivery Today		20 Mini Ravioli w/Marinara 314 Minestrone Soup 63 Crackers 56 Warm Spiced Apples 11 Cal 415 Carb 72 Sod 569		21 Chicken Cacciatore 437 Orzo 32 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 1 Cal 692 Carb 109 Sod 829		 Sponsoring (FREE) lunch Chili, Corn Bread, Caesar Salad & Dessert		23 Homemade Meatloaf & Gravy 288 Lyonnaise Potatoes 7 Sliced Beets 185 Dinner Roll 210 Mandarin Oranges 7 Cal 779 Carb 93 Sod 822	
26 Pasta with Bolognese Sauce 142 Capri Blend 22 Italian Bread 230 Warm Applesauce Cal 582 Carb 84 Sod 519		27 Spanish Chicken Stew * 568 Rice Pilaf 11 Winter Blend Vegetables 10 Dinner Roll 210 Sliced Pears 5 Cal 652 Carb 90 Sod 929		28 Yankee Pot Roast 317 Mashed Potatoes 33 Turnips 25 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 685 Carb 79 Sod 625		29 Eggplant Parmesan 349 Buttered Noodles 3 Sonoma Blend 20 WG White 120 Sliced Peaches 6 Cal 721 Carb 107 Sod 623		30 Shepherd's Pie 96 Mashed Potatoes 33 Mixed Greens 122 12 Grain Bread 200 Fresh Orange 0 Cal 793 Carb 95 Sod 576	

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.