September 2026

Adams Council on Aging

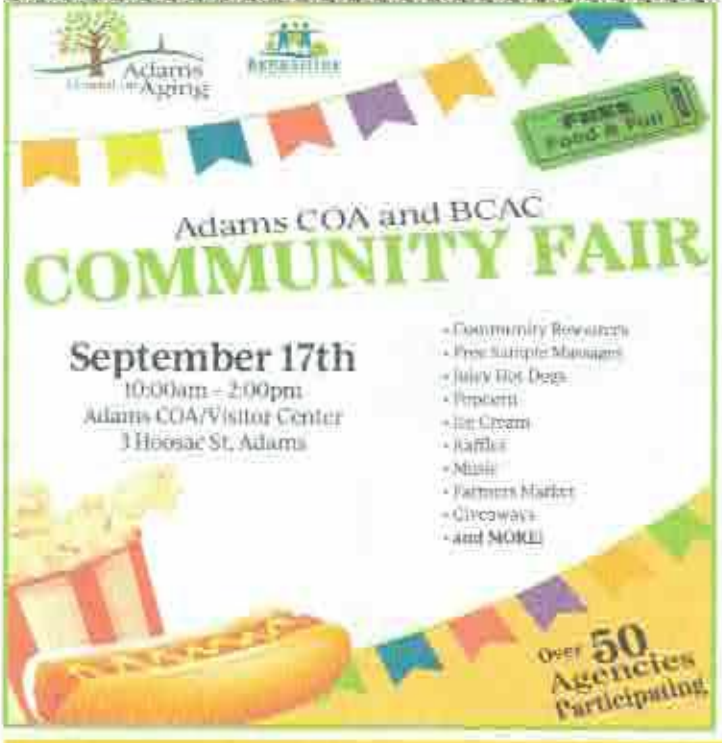
The Buzz

743-8333 • 3 Hoosac Street • Adams

3 Hoosac Street • (413) 743-8333 • Open Mon, Tue, Thu 8am-4pm
Wed 8am-5pm, Fri 8am-12pm

Barb Proper Retirement Party
Wednesday, October 14th
3-5pm at the Adams COA

Join us as we honor Barbara Proper on her 11+ years as the Adams COA Outreach Coordinator. Barb's last day in the office will be Sept 30th, then we call her back in on Oct 14th to celebrate her. Light refreshments will be served, some tears and laughter will be shared, and our community's immense gratitude for Barb's years of service will be felt. We'll be passing cards around the center for the community to sign, or feel free to mail or bring your own card to be given to Barb, as we wish her the best on her well-earned retirement!



NCOE | NationalInstituteOf SeniorCenters | September 2026

Happier birthdays don't start with candles or cake—they start with connection, purpose, support, and community.

You'll find it all at your senior center.

National Senior Center Month

Happier Birthdays Happen Here

Adams Council on Aging

Senior centers are deeply rooted in our communities—At our core, we bring together the resources, relationships, and opportunities that help people stay healthy, connected, and engaged. The impact goes beyond individual programs—it's about strengthening lives and communities over time. We:

- Create welcoming spaces for connection and community
- Provide programs that support physical and mental health
- Connect people to benefits, resources, and critical services
- Offer opportunities for learning, creativity, and engagement
- Support caregivers and families
- Help people stay connected in an increasingly digital world
- Strengthen individuals and communities:

⇒ People feel more connected and less isolated.
⇒ More people stay active and engaged in daily life.
⇒ Older adults gain access to resources that support stability and independence.
⇒ Participants build confidence, relationships, and a sense of belonging.
⇒ Caregivers and families have stronger support systems.
⇒ People live healthier, more independent lives.
⇒ More people are able to age well—on their own terms.

Every year becomes an opportunity for growth, connection, and well-being. This is how senior centers help turn everyday support into healthier, more connected—and happier—years. (www.ncog.org/national-senior-center-month)

Come Celebrate National Senior Center Month With Us!!! ☺

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No act of kindness is ever wasted

National Senior Center Month has arrived! Join us and see how we can help people age well in their communities. As the theme suggests, Happier Birthdays (and years) happen here! Blessings, Sarah ☺

BELIEVE THERE IS GOOD IN THE WORLD

Coffee and Conversation

Wed, Sept 23rd, 9:30-10:30am

Please join Patti Janchuk from Mt. Greylock Extended Care for a morning filled with coffee, treats, and conversation. Come by and spend a few minutes chit chatting! We look forward to seeing you!

Mt. Greylock Extended Care Facility

Art with Donna

Local accomplished artist, Donna Loncto, brings us mixed media art classes. $5 per class, payable to Donna. All levels welcome!

Mondays, 12:30-2:30pm

FREE FOOD PANTRY

Wednesday, Sept 16th, 5-7pm

First Congregational Church of Adams, 42 Park Street

Please bring your own bags.

All are welcome!

Craniosacral and Swedish Massage Therapy With Paige Marie, LMT

Monday, Sept 14th, 10am-2pm

Adams COA, 2nd fl Conference Room

2 appt options: 15min-$20 or 30min-$30

Call the COA secure your spot!

Paige will also require a signed waiver to participate in a session and will request your cell phone number to confirm your appt via text.

Massage Therapy

Adams COA Food Programs:

- **Elder Services Dining Center**–Mon thru Thu sit-down lunch served at 11:30am, Friday Grab & Go only from 11-11:30am.
- **Mobile Food Bank**- 2nd & 4th Tuesdays of every month from 12:30-1:30pm, open to the general public, no application needed
- **Brown Bag**- 4th Friday of every month 11am-12pm (*subject to change based on the Food Bank of Western MA's operations), must be 60+ years old or under 50 with a documented disability, application is required

***If you are experiencing food insecurity, please reach out to the Adams COA for information and assistance.**

West African & Caribbean Hand-Drum Class w/The Tamarack Hollow Nature &Cultural Center

Wednesday, Sept 23rd @ 12:30

Registration required. Call the COA, 413-743-8333

Join cultural educators from the Tamarack Hollow Nature and Cultural Center in a dynamic, hands-on participatory class focusing on folkloric and contemporary West African & Caribbean drumming, percussion and singing.

This project has been supported by a grant from the William J. and Margery S. Barrett Fund, a fund of Berkshire Taconic Community Foundation and supported in part by a grant from the Cultural Council of Northern Berkshire, a local agency which is supported by the Mass Cultural Council, a state agency

Mass Cultural Council

Berkshire Taconic COMMUNITY FOUNDATION

Cyber Seniors

FREE technology support for older adults! Destiny from Cyber Seniors will be at the Adams COA on **Mondays from 12:00-1:00pm, by appt only**. Call the COA to schedule yours now!

www.cyberseniors.org

1-844-217-3057

Online on Facebook as AdamsCouncil on Aging Or www.town.adams.ma.us/council-aging

CHAIR YOGA

w/ Maryanne at the Adams COA

Call to let us know you're coming!

Donations are graciously accepted by the instructor.

Tues & Thurs 9am - 10am

COA Board Members

Tom Dubis, Chair
Aleta Moncecchi, Vice Chair
Liz Mach, Secretary
Pam St. John
Mary Whitman
Leona Meczywor
Barbara Ziemba
Ben Acquista
William Schrade
Next Mtg: TBD

COA Director

Sarah Fontaine, ext. 4
sfontaine@town.adams.ma.us

Outreach Coordinator

Barbara Proper, ext. 3
bproper@town.adams.ma.us

Administrative Assistant

Jessica Bugbee, ext. 0
jbugbee@town.adams.ma.us

Van Drivers

David Ronnow, Barry Garton, Bud Green, Tim Alexander
Fill-In:
John Bianchi and John Naughton

Meal Site Coordinator

Kathy Polidoro

Custodians

Ray Keele &Kyle Wilson

Foot Nurse

Lynette Dukehart, RN

Adams Travelers Bus Trips

Payment upon reservation—No Refunds

No trips planned for the rest of 2026.
Let us know where you'd like to go in 2027!

FARMERS MARKET COUPONS for Adams and Savoy residents 60 and older have arrived from Elder Services of Berkshire County. Please call or stop by the COA office for eligibility information.

***UPDATE* We only have about a dozen coupons left…get them while they last and use before 10/31/26!**

$$$ Cash BINGO $$$

Wednesday, September 16th
12:30pm at the Adams COA
$2 per card, 3 card limit
Age 60+. Seats limited to 40 people. Reservations are Required.

Erica Beaudry -Independent Insurance Broker
Specializing in Medicare
will be at the Adams COA 1x a month from 9am-1pm to assist with insurance questions.
Appointments are preferred but walk-ins are welcome. **413-626-9906**

Upcoming dates: Sept 10th, Oct 8th

Mountain Girl Farm Mobile Farmers Market at the Adams COA

Thurs, Sept 10th & 24th
11am-1pm

Dance Yoga w/ Maryanne Kufs
Here at the Adams COA!
2nd Wednesday of every month from 9-10am
Upcoming Dates: Sept 9th, Oct 14th

BHS Berkshire Harm Reduction Mobile Outreach
Adams Visitor Center Parking Lot
3rd Monday, 2nd & 4th Fridays every month, 11-12
Upcoming Dates: Sept 11th, 14th, & 25th

The mobile unit provides the following services:
- Syringe service program
- Sharps disposal program
- Overdose education & Naloxone distribution
- Hepatitis C treatment & case management
- HIV Health & Prevention services
- Testing for sexually transmitted infections, HIV, & Hep C

BLOOD PRESSURE CLINIC

Every month on the 3rd Tuesday.
FREE readings between 10:30 - 11:00am
Appointments & Walk-ins Welcome

Tuesday, Sept 15th
Offered by local RN
Luanne Rose

Pitch with Friends! Join us every Thursday at 12:30 for cards, fun, and laughter. Call 413-743-8333 if you are interested. It's a great group!

"Give me a Smile!" SCRABBLE with Garret every other Tuesday at 12:30pm at the COA. **Upcoming: Sept 1st, 15th, & 29th**

Grandparents Raising Grandchildren

1st Friday of every month, 10am-12pm
Drop-in Coffee Group At the Adams COA
Questions: 413-663-7588 or email info@nbccoalition.org
Upcoming dates: Sept 4th & Oct 2nd

Family Resource Centers **Sponsored By** nbCC

The Adams COA Welcomes Back "Seniors Acting Up"

Monday, Sept. 21st @ 12:30pm

From left to right (seated): Peter Podol, Tom Gardner, Mike Farella
From left to right (standing): Laura Gardner, Linda Cantoni, Denise Butler

"Seniors Acting Up" is a group of local, amateur actors, all over 60, who perform short, staged readings. Their goal is to offer a distraction from the stresses of life by providing an hour or so of laughter and reflection.

Social Group - Monday, Sept 28th
It's a casual group with great conversation—Like going to a friend's house for coffee! Get to know us, each other, and what is going on. All are Welcome!

"I said, oh-oh, *Domino…*" 12:30pm
Join Friends here at the COA **every other Tues** to play Dominos! **Upcoming: Sept 8th & 22nd**

Attention Cribbage Players:

Join us Mondays at 10am and Wednesdays at 12:30pm for cribbage groups at the COA. Instruction by peers provided as needed.

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
31 Goodwill 10:00 Cribbage 11:30 Lunch 12-1 Cyber Seniors- Tech Support by Appt	1 Donation 9-10 Chair Yoga 11:30 Lunch 12:30 Scrabble 1:00 Crafters	2 Bin 11:30 Lunch / September Birthdays Celebration 12:30 Cribbage/ Pitch 12:30 Friends Meeting	3 at the 9-10 Chair Yoga 11:30 Lunch 12:30 Pitch	4 Adams COA 10-12 Grandparents Raising Grandchildren 11-11:30 Grab n Go Lunch 10:30-11:30 North Adams Mobile Food Bank
7 CLOSED 	8 9-10 Chair Yoga 11:30 Lunch 12:30 Dominos **12:30-1:30 Mobile Food Bank** 1:00 Crafters 3:00 Alz Caregiver Support Group	9 9-10 Dance Yoga 11:30 Lunch 12:30 Cribbage/ Pitch 12:30 Drumming 1:00 "Living After Loss" Grief Support Group	10 9-10 Chair Yoga 9-1 Erica Beaudry Medicare Counseling 11-12 Mountain Girl Farm Mobile Farmers Market 11:30 Lunch 12:30 Pitch	11 11-11:30 Grab n Go Lunch 11-12 BHS Harm Reduction Van
14 10:00 Cribbage 10-2 Massage by Paige 11-12 BHS Harm Reduction 11:30 Lunch 12-1 Cyber Seniors- Tech Support by Appt 12:30 Art w/ Donna	15 8-4 Foot Care Clinic (by appt) 9-10 Chair Yoga 10:30/11 BP Clinic 11:30 Lunch 12:30 Scrabble 1:00 Crafters	16 11:30 Lunch 12:30 Cribbage/ Pitch 12:30 Bingo 5-7 Food Pantry at 1st Cong. Church of Adams	17 **Community Resource Fair on the Lawn! 10-2** 9-10 Chair Yoga 11-12 BPHA BP Clinic 11:30 Grab & Go Lunch, can be eaten in the lunchroom 12:30 Pitch	18 11-11:30 Grab n Go Lunch 10:30-11:30 North Adams Mobile Food Bank
21 10:00 Cribbage 11:30 Lunch 12-1 Cyber Seniors- Tech Support by Appt 12:30 Art w/ Donna 12:30 Seniors Acting Up	22 9-10 Chair Yoga 11:30 Lunch 12:30 Dominos **12:30-1:30 Mobile Food Bank** 1:00 Crafters	23 9:30-10:30 Mt. Greylock Coffee Chat 11:30 Lunch 12:30 Cribbage/ Pitch 12:30 Drumming	24 9-10 Chair Yoga 11-1 Mountain Girl Farm Mobile Farmers Market 11:30 Lunch 12:30 Pitch	25 11-11:30 Grab n Go 11-12 BHS Harm Reduction Van 11-12 Brown Bag **1-3 Nonagenarian (90+) Birthday Party at Bounti-Fare (RSVPs only)**
28 10:00 Cribbage 11:30 Lunch 12-1 Cyber Seniors Tech Support by Appt 12:30 Art w/ Donna 12:30 Social Group	29 9-10 Chair Yoga 11:30 Lunch 12:30 Scrabble 1:00 Crafters	30 11:30 Lunch 12:30 Cribbage/ Pitch **Barb Proper's last day in the COA Office. Retirement Party 10/14/26,3-5pm in the COA program room.**	**Saturday, Sept 12th** Adams Street Fair 12-6pm at the Visitor Center Adams Alert House Co. 150th Anniversary Parade 11am on Summer-Center-Park St	Lunch reservations MUST be made by 11:00am the business day before you'd like to attend in order to confirm your meal.

Friendly Reminder: If you call the COA and someone doesn't answer the phone, please leave a message. We are a very busy office with only 3 full-time employees. We are not always available to take your call. But we will be able to call you back if you leave a message. Thank you for your patience and understanding! ☺

Save the dates for October!

10/4 Friends Bingo Fundraiser at Bounti-Fare 1-3pm
10/5 COA Vaccine Clinic 10am-12pm
10/7 Friends of the Adams COA Meeting 12:30pm;
10/13 & 27 Mobile Food Bank
10/14 Barb's Retirement Party 3-5pm
10/17 Berkshire Walk to End Alzheimer's **in Lenox**

Support Our Advertisers!

Community Lunches

Catered by Elder Services of Berkshire County
Monday – Thursday Dining Center @ 11:30am
***Friday is Grab & Go ONLY 11-11:30am**
Adams Council on Aging 743-8333
For a full listing, obtain a menu at the Council on Aging
$3.00 Suggested Donation per meal for 60+ years old
$8.00 Required fee for under 60 years old

Lunch reservations MUST be made by 11:30am the business day before you'd like to attend in order to confirm your meal.

9/1 Beef Chili, Rice, Pea & Carrots, Cornbread, Apple
9/2 Lemon Pepper Chic., Mashed Potatoes, Fruit Cocktail
9/3 Hot Dog, Baked Beans, Pasta Salad, Peach Crisp
9/4 Chicken Cranberry Salad, 3 Bean Salad, Diced Peaches
9/7 CLOSED for Labor Day
9/8 Cheese Lasagna, Sonoma Blend Veggies, Applesauce
9/9 Chicken Caesar Salad, Carrot Raisin Salad, Pasat Salad, Craisins
9/10 Beef & Pepper Casserole, Mixed Veggies, Gelatin
9/11 Sliced Turkey w/ Gravy, Mashed Potatoes, Apricots
9/14 Beef Stew, Sliced Potatoes, Cauliflower, Spiced Apples
9/15 Chicken Tetrazzini, Broccoli, Carrots, Fresh Peach
9/16 Scrambled Egg w/ Sausage, O'Brien Potatoes, Croissant, Diced Mangoes
9/17 Chicken Puttanesca, Barley, Mandarin Orange
9/18 Swedish Meatballs, Buttered Noodles, Applesauce
9/21 Chicken w/Gravy, Au Gratin Potatoes, Apricots
9/22 Sweet & Sour Pork, Rice, Lima Beans, Applesauce
9/23 Honey Mustard Salmon, Corn Chowder, Peaches
9/24 Mac & Cheese, Stewed Tomatoes, Broccoli, Banana
9/25 Meatloaf, Mashed Sweet Potatoes, WaxBeans, Raisins
9/28 Veal Marsala, Mashed Potatoes, Fiesta Corn, Orange
9/29 Tuscan Chic Casserole, Lemon Rice, Bavarian Cream
9/30 Glazed Ham, Scalloped Potatoes, Applesauce

Long-Distance Medical Transportation

Available via COA's Nissan Rogue, Monday - Friday for Adams, Cheshire, and Savoy residents
*travels within Massachusetts, as well as to Albany and Bennington
*based on volunteer availability
*donations suggested but not required

****This program is funded in part by a grant from Elder Services of Berkshire County, Inc. and the Executive Office of Aging and Independence.***

Alz. Caregiver Support Group

Are you a caregiver or have a loved one who has Alzheimer's, dementia or related disorder? Join us for our Alzheimer's support group offering emotional, educational and social support in a non-judgmental setting.

Second Tuesday of every month at 3:00 p.m.
Pre-registration is unnecessary but welcomed.
Questions can be answered at 743-8333
Upcoming Dates: Tue, Sept 8th & Oct 13th

"Living After Loss"
Grief Support

Hospice Care In The Berkshires, Inc.
An Affiliate of Integritus Healthcare

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden. Come join our group to talk with people on this same journey.

LOVING LIVING THROUGH GRIEF

Pre-registration is unnecessary but welcomed.
Questions can be answered at 743-8333
Upcoming Dates: Sept 9th & Oct 14th, 1-2:30pm

Due to the volume of transportation requests and availability of the vans and Nissan Rogue, the Adams COA may not always be able to accommodate your needs. Here are some additional transportation resources available to Berkshire County residents:

- RSVP Wheels For Wellness, 413-499-9345
- Prescription for Transportation (PT-1 Form, for MassHealth only), contact your doctor's office.
- Fallon NaviCare Insurance, call you Navigator.
- Soldier On (for Veterans Only), 413-418-4300

Adams COA Van Transportation

*Available **Monday - Thursday 8am-3pm for residents of Adams;**
Tuesday - Thursday 8am-3pm for Savoy residents.
*Please call at least 2 business days prior to your travel needs, as we cannot accommodate requests with less than 24 hours notice.
*travels w/in Adams; N. Adams, & Williamstown.
*Suggested donation of $1.00 per town, each way
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2020 Income guidelines to qualify for Fuel Assistance	
Family Size	Income
1	$53,777
2	$67,709
3	$83,641
4	$99,573

To learn more about what BCAC can do for you, contact us:
Central / South County
413-445-4503
North County
413-663-3014

If you are eligible for fuel assistance, you may qualify for more helpful programs.
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News from SAVOY!

Housing Rehab is in Savoy!

On behalf of the Town of Chesterfield, MA, Hilltown CDC is submitting an FY25 Community Development Block Grant (CDBG) **which will include the Town of Savoy**.
They are currently accepting applications for the Housing Rehab Program in Savoy. The program is designed to address building and sanitary code issues for single family homes in town, via a deferred payment loan, meaning no monthly payments and no interest. Loans are forgiven over a 15 year period. Repairs can include septic/ well issues, lead paint/asbestos removal, heating systems, electrical, plumbing, roofing, chimney repair, accessibility ramps, and other accessibility issues.
Applications are available at the Savoy Town Hall/Library. They can also mail and email applications. Please request one by calling Ann Marie Perrone 413.296.4536 x112, or by emailing **annmp@hilltownedc.org**.
Hilltown CDC has been administering the Housing Rehab Program for 30 years and has rehabbed close to 1,000 single family homes. Funding is contingent upon HUD/CDBG grant award. The Town of Chesterfield is the lead community.

HILLTOWN COMMUNITY DEVELOPMENT
Enriching lives in a rural economy

The Savoy Book Club

We're taking the summer off and will be meeting again **October 15th, 10am in the Savoy Town Hall.**
We'll talk about all of our individual summer reads.
Some suggestions include:
Mrs. Dalloway by Virginia Wolf
The Borrowed Life of Frederick Fife by Ava Johnston
Caledonian Road by Andrew O'Hagan
The Wide Wide Sea by Hampton Sides
Mrs. Shim is a Killer by Kang Ji Young
Ulysses S. Cat by Scott Simon – John picked this for Cathy and her love of animals.
The Magnificent Life of Marjorie Post – Allison Pataki
This Land is Your Land – Beverly Gage
Happy Summer Reading!!!

Savoy Knitting Group! Calling all crafters to the Savoy Town Hall every Friday morning from 10am to 11ish. Bring your knitting project, your crochet item or your needlepoint. This will be a fun group where you'll have time to work on your creative project, support from fellow crafters and the camaraderie that comes with socializing with your neighbors. All are welcome!

Get a handle on your Heart Health!
Berkshire Public Health Alliance BP Wellness Clinic at the Adams COA on the 3rd Thursday of every month, 11am-12pm. **Upcoming dates: Sept 17th & Oct 15th**

Join Our Team

AARP Foundation Tax-Aide

AARP Foundation Tax-Aide is looking for friendly, service-minded people to join our team of volunteers for the upcoming tax season.

Tax-Aide is a free program that makes it easier for older taxpayers to file their tax returns. Neighbors like you help prepare tax returns or serve in other ways, like organizing client paperwork, managing computer equipment, acting as interpreters, or making sure everything runs smoothly.

There's a role for everyone.

Go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP-NOW (1-888-227-7669).

The Adams COA will not be able to host the AARP Tax-Aide program without more volunteers.

Friends of Adams Council on Aging

CASH BINGO

Sunday
Oct 4th, 1-3pm

Bounti-Fare Restaurant

$25 Suggested Donation for 9 Games
($10 for Extra booklet 1 card per game)

Get your tickets from a member of the Friends of the Adams COA!

NEED HELP WITH UTILITY BILLS?

Utility Resources for Adams & N. Berk. Residents:

- Berkshire Community Action Council
  413-663-3014 - www.bcacinc.org
- Salvation Army's Good Neighbor Energy Fund
  413-743-8333, ask for Barb Proper
  www.magoodneighbor.org
- Dynegy (Town of Adams Energy Program)
  1-866-220-5696 - www.dynegy.com/municipal-aggregation/communities-we-serve/Massachusetts/Adams
- Mass Save No-Cost Home Energy Assessment
  1-866-527-SAVE (7283) www.masssave.com
- National Grid, Help Making Payments
  1-800-322-3223 www.nationalgridus.com/Upstate-NY- Home/Bill-Help/Help-Making-Payments

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 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
Elder Services of Berkshire County, Inc.	**1** Beef Chili 334 White Rice 0 Peas and Carrots 59 cornbread 179 Fresh apple 2 Cal 630 Carb 83 Sod 515	**2** Lemon Pepper Chicken 303 Mashed Potatoes 39 Brussel Sprouts 14 Dinner Roll 210 Fruit Cocktail 3 Cal 545 Carb 80 Sod 590	**3** **Picnic** Lower Sodium HotDog* 540 Vegetarian Baked Beans 166 Pasta Salad 235 Hot Dog bun 190 Peach Crisp 11 Cal 823 Carb 81 Sod 1247	**4** **Cold Meal** Grab & Go Chicken Cran Salad 135 3 bean salad 150 Cole slaw 160 Whole Wheat Bread 150 Diced Peaches 10 Cal 608 Carb 112 Sod 752
7 **No Meal Delivery** 	**8** Cheese Lasagna 501 Sonoma Blend 29 Green Beans 3 Graham crackers 96 Applesauce 0 Cal 510 Carb 90 Sod 745	**9** **Cold Meal** Chicken Ceasar Salad 149 Carrot Raisin Salad 100 Pasta Salad 235 Oat nut bread 150 Craisins 5 Cal 545 Carb 77 Sod 824	**10** Beef & Pepper Casserole 124 Italian Vegetables 40 Summer Squash 0 Italian Bread 230 Sugar free Gelatin 9 Cal 803 Carb 85 Sod 527	**11** Grab & Go Sliced Turkey w/Gravy 434 Mashed Potatoes 33 Mixed Veggies 38 Whole Wheat Bread 150 Apricots 5 Cal 596 Carb 86 Sod 800
14 Beef Stew 72 Sliced Potatoes 16 Cauliflower 11 Mini Biscuit 330 Spiced Apples 11 Cal 722 Carb 68 Sod 968	**15** Chicken Tetrazzini 203 Broccoli 22 Carrots 43 Oat Nut Bread 150 Fresh Peach 0 Cal 771 Carb 108 Sod 543	**16** Scrambled egg w/ sausage 460 O'Brien Potatoes 6 Asparagus 4 Crossaint 150 Diced Mangoes 0 Cal 543 Carb 74 Sod 750	**17** Grab & Go Chicken Puttanesca 331 Barley Community 5 Spinach Resource 18 12 Grain Bread Fair 200 Mandarin Oranges 7 Cal 543 Carb 74 Sod 744	**18** Grab & Go Swedish meatballs 544 Buttered Noodles 8 French Green Beans 3 WG White Bread 120 Applesauce 0 Cal 537 Carb 88 Sod 800
21 Chicken w/Gravy 237 Augratin Potatoes 33 California Blend 17 Whole Wheat Bread 150 Apricots 5 Cal 523 Carb 79 Sod 577	**22** Sweet & Sour Pork 495 Savory Rice 8 Lima Beans 30 Multigrain Bread 200 Applesauce 0 Cal 630 Carb 95 Sod 887	**23** Salmon/Honey/Mustard Sauce 210 Corn Chowder 173 Zucchini w/ pimento 17 Soup crackers 96 Diced Peaches 6 Cal 542 Carb 79 Sod 587	**24** **Macaroni & Cheese*** 663 Stewed Tomatoes 101 Broccoli 22 Oat Nut Bread 150 Banana 1 Cal 549 Carb 85 Sod 1062	**25** Grab & Go Homemade Meatloaf 288 Mashed Sweet Potatoes 35 Wax beans 2 Dinner Roll 210 Raisins 4 Cal 560 Carb 86 Sod 665
28 Veal Marsala 690 Mashed Potatoes 32 Fiesta Corn 77 WG white bread 120 Fresh Orange 0 Cal 921 Carb 110 Sod 939	**29** **Tuscan Chicken Casserole** 613 Lemon Rice 19 Sliced Carrots 43 Oat nut bread 150 **Bavarian Cream**** 110 Cal 930 Carb 81 Sod 1060	**30** Glazed Ham 458 Scalloped Potatoes 30 French Green Beans 3 Dinner Roll 210 Applesauce 0 Cal 537 Carb 86 Sod 774	**HOT LINE** If you will not be home when your meal is delivered please call our Nutrition Hotline at **1-800-981-5201**	

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.