

ELDER NUTRITION PROGRAM
Barnstable County AUGUST 2017
Reservations & Cancellations must be
made two business days in advance.



Menu subject to change without notice.

Main Office in S. Dennis: 508-394-4630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75.</i></p> <p><i>*indicates item w/more than 500mg sodium</i></p>	<p>1 COLD PLATE Turkey Breast(612)* Swiss Cheese(13) Mayonnaise(4) SummerSquashSalad(42) Gr.Cabbage Cole Slaw(47) Flat Bread(170) Raisins(4)</p> <p>746 cal; 1046mg sodium</p>	<p>2 Frittata with Peppers & Mushrooms(210) Potato Wedges(261) Peas & Cauliflower(50) Oatmeal Bread(150) Fruited Yogurt(75)</p> <p>679 cal; 899mg sodium</p>	<p>3 Italian Pot Roast(191) Roast Sweet Potato(41) Italian Green Beans(3) Pumpnickel Bread(280) Lemon Square(105) MOD: also Lemon Square</p> <p>775 cal; 775mg sodium</p>	<p>4 Chicken with Orange-Dijon Sauce(418) Mexicali Brown Rice(48) Broccoli & Carrots(39) Whole Wheat Roll(180) Fresh Apple(2)</p> <p>704 cal; 842mg sodium</p>
<p>7 BBQ Pork Patty(280) American Cheese(184) Baked Beans(140) Broccoli/Cauliflower(15) Mini Kaiser Roll(200) Banana(1)</p> <p>709 cal; 975mg sodium</p>	<p>8 American Chop Suey(275) Brussels Sprouts(17) Oatmeal Bread(150) Sliced Peaches(5)</p> <p>719 cal; 601mg sodium</p>	<p>9 Beef Stroganoff over Egg Noodles(117) Cauliflower & Carrots(42) Whole Wheat Roll(180) Pudding(200) MOD: also Pudding</p> <p>707 cal; 693mg sodium</p>	<p>10 Chicken with Mushroom & Pepper Sauce(401) Bkd Potato(4)/Sr Crm(13) Apple-Butternut Squash(4) Multigrain Bread(150) Lorna Doones(100)</p> <p>729 cal; 827mg sodium</p>	<p>11 COLD PLATE Tuna Salad(120) Sweet Potato Salad with Mango(137) Three-Bean Salad(34) Sub Roll(250) Fresh Pear(2)</p> <p>677 cal; 697mg sodium</p>
<p>14 Lasagna(290) Meat Sauce(102) Parmesan Cheese(35) Green Beans Almondine(3) Italian Bread(380) Fresh Apple(2)</p> <p>705 cal; 966mg sodium</p>	<p>15 Sloppy Joe(281) Mashed Potato(75) Broccoli & Carrots(39) Whole Wheat Hamburger Roll(250) Fruited Oatmeal Bar(85) MOD: Graham Crax(95)</p> <p>766 cal; 946mg sodium</p>	<p>16 Cajun Chicken(436) Brown Rice & Beans(61) Collard Greens with Onions(50) Corn Loaf(211) Fresh Nectarine(0)</p> <p>716 cal; 912mg sodium</p>	<p>17 Fish Florentine(150) Tater Tots(341) Cauliflower & Corn(10) Whole Wheat Roll(180) Fruited Yogurt(75)</p> <p>706 cal; 910mg sodium</p>	<p>18 Roast Pork Loin with Gravy(70) Whipped Sweet Potato(33) Diced Beets(173) Snack Loaf(115) Fresh Orange(0)</p> <p>752 cal; 545mg sodium</p>
<p>21 Salisbury Steak with Gravy(384) Tomato Braised Potato(38) Summer/Spring Veg.(65) Oatmeal Bread(150) Pudding(200) MOD: also Pudding</p> <p>727 cal; 991mg sodium</p>	<p>22 COLD PLATE Chicken Salad(70) Carrot-Raisin Salad(140) Zucchini & Red Pepper Salad(63) Mini Kaiser Roll(200) Fresh Banana(1)</p> <p>683 cal; 628mg sodium</p>	<p>23 Catch of the Day with Dill Sauce(122) Br.Rice w/Orzo&Peas(78) Broccoli/Cauliflower(15) Whole Wheat Roll(180) Brownie(100) MOD: Waffle Snaps(65)</p> <p>718 cal; 650mg sodium</p>	<p>24 Rst Turkey w/Gravy(679)* Cranberry Sauce(4) Baked Potato(4) Sour Cream(13) Corn & Carrots(34) Oatmeal Bread(150) Fresh Orange(0)</p> <p>653 cal; 1039mg sodium</p>	<p>25 Pasta & Meatballs with Tomato Sauce(236) Parmesan Cheese(35) Spinach with Red Peppers(106) Multigrain Bread(150) Hot Cinnamon Peach(64)</p> <p>789 cal; 745mg sodium</p>
<p>28 Chicken-Broccoli-Penne with Alfredo Sauce(675)* Chef's Choice Vegetable Blend(51) Whole Wheat Roll(180) Fresh Orange(0)</p> <p>715 cal; 1061mg sodium</p>	<p>29 Salmon with Orange-Ginger Sauce(189) Brown/Wild Rice(40) Broccoli & Carrots(39) Oatmeal Bread(150) Fruited Yogurt(75)</p> <p>687 cal; 648mg sodium</p>	<p>30 COLD PLATE Egg Salad(170) Potato Salad(57) Purple Cabbage Cole Slaw(56) Flat Bread (170) Cupcake(170) MOD: Graham Crax(95)</p> <p>855 cal; 778mg sodium</p>	<p>31 Roast Pork Loin with Apricot Glaze(60) Lo Mein Noodles(4) Asian Veg. Blend(25) Multigrain Bread(150) Pineapple(1)</p> <p>701 cal; 395mg sodium</p>	<p><i>In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.</i></p>

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Each item is followed by mg of sodium in parentheses. Margarine adds 47mg; Milk adds 107mg sodium.