

# ELDER NUTRITION PROGRAM

Barnstable County DECEMBER 2017

Reservations & Cancellations must be

made two business days in advance.



access / service / advocacy

**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><b>** Ham meal on 12/19 &amp; Turkey meal on 12/22 both have more than 1300mg sodium</b></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 &amp; have them with another meal or snack.</i></p>		<p><b>1</b> Cheddar Frittata topped with Black Bean &amp; Corn Salsa(264) Sweet Potato Tots(230) Spinach(110) Snack Loaf(115) Fresh Orange(0)</p> <p><b>774 cal; 873mg sodium</b></p>
	<p><b>4</b> Greek Chicken(489) Tomato-Braised Potato(38) Green Peas(82) Multigrain Bread(150) Fruited Yogurt(75)</p> <p><b>746 cal; 989mg sodium</b></p>	<p><b>5</b> Crunchy Fish(220) Tartar Sauce(130) Mac &amp; Cheddar side dish(146) Brussels Sprouts(17) Dinner Roll(180) Applesauce(14)</p> <p><b>730 cal; 862mg sodium</b></p>		<p><b>6</b> Ravioli(477) Meat Sauce(102) Parmesan Cheese(35) Corn &amp; Cauliflower(10) Oatmeal Bread(150) Hot Cinnamon Peaches(64)</p> <p><b>700 cal; 992mg sodium</b></p>
<p><b>11</b> Swedish Meatballs with Gravy(237) Buttered Egg Noodles(38) Fiesta Veg Blend(15) Oatmeal Bread(150) Pudding(200) MOD: Applesauce(14)</p> <p><b>755 cal; 795mg sodium</b></p>	<p><b>12</b> Vegetable Soup(41) (soup for cong only) Sloppy Joe(333) Herbed Brown Rice(14) Zucchini(2) Mini Kaiser Roll(200) Fresh Orange(0)</p> <p><b>767 cal; 745mg sodium</b></p>	<p><b>13</b> Fiesta Fish(208) Cheddar Mashed Potato(229) Peas &amp; Cauliflower(50) Multigrain Bread(150) Fig Bar(200) MOD: Graham Crax(95)</p> <p><b>718 cal; 990mg sodium</b></p>	<p><b>14</b> Meatloaf with Gravy(133) Roast Sweet Potato(41) Diced Beets(173) Pumpnickel Bread(280) Raisins(4)</p> <p><b>819 cal; 785mg sodium</b></p>	<p><b>15</b> Chicken LoMein(451) Asian Veg Blend(25) Whole Wheat Roll(180) Hot Caramelized Apples(76)</p> <p><b>716 cal; 887mg sodium</b></p>
<p><b>18</b> Stuffed Shells(390) Meat Sauce(102) Parmesan Cheese(35) Green Beans(3) Twisted Breadstick(230) Hot Cinnamon Pears(64)</p> <p><b>781 cal; 979mg sodium</b></p>	<p><b>19</b> Holiday Ham* with Pineapple Sauce(941)* Red Bliss Potato(6) Apple-Butternut Squash(4) Multigrain Bread(150) Fruit Crunch Bar(80) MOD:Shortbread Cookie(125)</p> <p><b>855 cal; 1335mg sod.**</b></p>	<p><b>20</b> Chicken Marsala(459) Roast Sweet Potato(41) Peas &amp; Corn(42) Oatmeal Bread(150) Fresh Apple(2)</p> <p><b>717 cal; 848mg sodium</b></p>	<p><b>21</b> Salmon with Dill Sauce(79) Spanish Brown Rice &amp; Beans(23) Collard Greens(57) Whole Wheat Roll(180) Fresh Banana(1)</p> <p><b>700 cal; 495mg sodium</b></p>	<p><b>22 Turkey w/Gravy(679)* garnished w/stuffing(66) &amp; cranberry sauce(4)</b> Mashed Potato(135) Calif Veg Blend(30) Dinner Roll(180) Raspberry Cookie(195) MOD: Graham Crax(95)</p> <p><b>780 cal; 1443mg sod.**</b></p>
<p><b>25 SITES CLOSED</b></p>	<p><b>26</b> Chicken Cacciatore(343) Cheddar Mashed Potato(229) Roman Veg Blend(12) Oatmeal Bread(150) Cupcake(170) MOD:Shortbread Cookie(125)</p> <p><b>716 cal; 1058mg sodium</b></p>	<p><b>27</b> Hot Dog with Beef Chili(420) Mustard(55) Baked Beans(140) Fiesta Veg Blend(15) WW Hot Dog Roll(250) Fresh Pear(2)</p> <p><b>749 cal; 1036mg sodium</b></p>	<p><b>28</b> Catch of the Day with Sour Orange Sauce(105) Br. Rice/Orzo &amp; Peas(48) Corn &amp; Broccoli(7) Whole Wheat Roll(180) Pudding(200) MOD: Applesauce(14)</p> <p><b>750 cal; 695mg sodium</b></p>	<p><b>29</b> Pot Roast with Gravy(46) Whipped Sweet Potato(33) Chef's Choice Veg(51) Corn Loaf(211) Fresh Orange(0)</p> <p><b>748 cal; 496mg sodium</b></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.