

ELDER NUTRITION PROGRAM

Barnstable County JANUARY 2017

Reservations & Cancellations must be

made two business days in advance.



access / service / advocacy

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SITES CLOSED 	3 Chicken Cacciatore(343) Orzo with Veggies(14) Broccoli(12) Multigrain Bread(150) Choc. Chip Cookie(164) MOD: SF Chocolate Chip Cookie(55)	4 Crunchy Fish(220) Tartar Sauce(130) Whip. Sweet Potato(31) Gr. Peas/Cauliflower(50) Oatmeal Bread(150) Pudding(200) MOD: SF Fruited Jello(8)	5 Italian Pot Roast(191) Baked Potato(4) Sour Cream(13) Brussels Sprouts(17) Whole Wheat Roll(180) Fresh Apple(2)	6 Pork Lo Mein(583)* Chinese Vegetable Blend(25) Multigrain Bread(150) Hot Cinnamon Pears(64)
	769 cal; 838mg sodium	748 cal; 935mg sodium	702 cal; 562mg sodium	785 cal; 977mg sodium
9 Chicken with Dijon Tarragon Sauce(451) Fresh Sweet Potato(41) Peas & Corn(30) Oatmeal Bread(150) Lemon Square(105) MOD: SF Lemon Cookie(60)	10 Salmon with Honey-Ginger Sauce(185) Potato Wedges(261) Broccoli & Carrots(39) Whole Wheat Roll(180) Fresh Banana(1)	11 Omelet topped with Swiss Cheese(296) Home Fries(62) Peppers & Onions(2) Snack Loaf(115) Fresh Orange(0)	12 Roast Pork Loin with Apple Cider Gravy(112) Brown Rice & Kidney Beans(35) Broccoli/Cauliflower(15) Pumpnickel Bread(280) Fruited Yogurt(75)	13 Beef Stew(143) Red Bliss Potatoes(6) Italian Bread(380) Hot Cinnamon Apples(64)
806 cal; 931mg sodium	735 cal; 821mg sodium	718 cal; 630mg sodium	760 cal; 672mg sodium	766 cal; 747mg sodium
16 SITES CLOSED 	17 Ravioli(477) Meat Sauce(102) Parmesan Cheese(108) Green Beans(3) Whole Wheat Roll(180) Hot Cinnamon Peaches(64)	18 Seafood Alfredo over Egg Noodles(424) Broccoli/Red Pepper(12) Multigrain Bread(150) Brownie(150) MOD: SF Oatmeal Cookie(65)	19 Beef Tips with Mushroom Gravy(72) Barley Pilaf with Carrots(112) Diced Beets(173) Pumpnickel Bread(280) Fresh Orange(0)	20 Spanish Chicken(461) Fresh Sweet Potato(41) Corn(1) Oatmeal Bread(150) Fresh Banana(1)
	756 cal; 1089mg sodium	719 cal; 890mg sodium	710 cal; 792mg sodium	706 cal; 808mg sodium
23 Rotini & Meatballs with Tomato-Basil Sauce(236) Parmesan Cheese(108) Broccoli(12) Oatmeal Bread(150) Hot Cinnamon Pears(64)	24 Chicken Aloha(336) Vegetable Fried Rice(37) Green Beans & Cauliflower(11) Whole Wheat Roll(180) Pudding(200) MOD: SF Fruited Jello(8)	25 Sloppy Joe(281) Mashed Potato(135) Collard Greens with Onions(50) Whole Grain Slider Roll(125) Cupcake(170) MOD: Grahams(95)	26 Rst Turkey/Gravy(674)* Garnished w/ Stuffing(66) Cranberry Sauce(4) Whip. Sweet Potato(31) Gr Peas/Pearl Onions(68) Multigrain Bread(150) Fresh Banana(1)	27 Catch of the Day with Newburg Sauce(196) Tater Tots(341) Butternut Squash(2) Whole Wheat Roll(180) Fresh Orange(0)
797 cal; 725mg sodium	696 cal; 918mg sodium	836 cal; 916mg sodium	750 cal; 1148mg sodium	700 cal; 874mg sodium
30 Veg. Soup (41) (congregate only) Hot Dog(360) Mustard(55) Baked Beans(140) Mashed Cauliflower with Parmesan(79) WholeGrain Hot Dog Roll(250) Canned Apricots(10)	31 Beef, Brown Rice, & Broccoli Casserole(423) Chef's Choice Vegetable Blend(51) Multigrain Bread(150) Hot Cinnamon Apples(64)	<p style="text-align: center;"><i>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75.</i></p>	<p style="text-align: center;"><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>	<p style="text-align: center;"><i>*indicates item with more than 500mg sodium</i></p>
706 cal; 1090mg sodium	798 cal; 843mg sodium			
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.				