

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 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>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><i>*indicates item w/ more than 500mg sodium.</i></p> <p>**Turkey dinner on 11/21/17 has more than 1300mg sodium.</p>	<p>1</p> <p>American Chop Suey(275) Spinach w/Red Pep.(106) Oatmeal Bread(150) Hot Cinnamon Apples(64)</p>	<p>2</p> <p>Chicken Scaloppini(351) Tom. Braised Potato(38) Gr Beans/Red Pep.(3) Multigrain Bread(150) Raspberry Cookie(195) MOD: Shortbread Cookie(125)</p>	<p>3</p> <p>Spanish Pot Roast(97) Roast Sweet Potato(41) Diced Beets(173) Whole Wheat Roll(180) Fresh Banana(1)</p>
		<p>784 cal; 749mg sodium</p>	<p>809 cal; 892mg sodium</p>	<p>740 cal; 647mg sodium</p>
<p>6</p> <p>Omelet Topped with Cheddar Cheese(424) Home Fries(62) Peppers & Onions(2) Croissant(230) Yogurt(75)</p>	<p>7</p> <p>Stuffed Shells (390) with Ratatouille(116) Cauliflower & Peas(50) Garlic Roll(181) Fruited Bar(80) MOD: Graham Crax(95)</p>	<p>8</p> <p>Chicken Pasta Primavera(350) Broccoli(12) Multigrain Bread(150) Hot Cinnamon Pears(64)</p>	<p>9</p> <p>Beef Tips with Mushroom Gravy(112) Tater Tots(341) Lima Beans & Carrots(61) Pumpnickel Bread(280) Fresh Orange(0)</p>	<p>10</p> <p>Fish Creole(266) Brown Rice & Black Beans(61) Riviera Veg. Blend(5) Whole Wheat Roll(180) Raisins(4)</p>
<p>822 cal; 947mg sodium</p>	<p>842 cal; 971mg sodium</p>	<p>812 cal; 732mg sodium</p>	<p>833 cal; 950mg sodium</p>	<p>665 cal; 670mg sodium</p>
<p>13</p> <p>Tortellini(160) with Meat Sauce(102) Parmesan Cheese(35) Spring/Summer Veg. Blend(65) Whole Wheat Roll(180) Hot Cinn. Peaches(64)</p>	<p>14 COLD PLATE</p> <p>Minestrone Soup(231) (soup for cong only) Egg Salad/Lettuce(170) Three-Bean Salad(34) Cole Slaw(47) Mini Kaiser Roll(200) Fruited Yogurt(75)</p>	<p>15</p> <p>Salmon with Honey-Ginger Sauce(185) Fried Brown Rice(4) Asian Veg. Blend(25) Whole Wheat Roll(180) Fresh Orange(0)</p>	<p>16</p> <p>Chicken Cacciatore(343) Italian Roast Potato(6) Zucchini w/Red Pep.(2) Twisted Breadstick(230) Brownie(100) MOD: Graham Crax(95)</p>	<p>17</p> <p>Meatloaf with Gravy(133) Mashed Potato(135) Broccoli & Carrots(39) Corn Loaf(211) Fresh Apple(2)</p>
<p>729 cal; 761mg sodium</p>	<p>746 cal; 912mg sodium</p>	<p>708 cal; 548mg sodium</p>	<p>752 cal; 836mg sodium</p>	<p>808 cal; 674mg sodium</p>
<p>20</p> <p>Crunchy Fish(220) Tartar Sauce(130) Apple-Butternut Squash(4) Peas & Cauliflower(50) Oatmeal Bread(150) Pudding(200) MOD: Applesauce(15)</p>	<p>21 Turkey w/Gravy(679)*</p> <p>Garnished w/Stuffing(66) & Cranberry Sauce(4) Mashed Potato(135) Broccoli & Carrots(39) Multigrain Bread(150) Pumpk/Cran.Cookie(135) MOD:Shortbread Ck(125)</p>	<p>22</p> <p>Spanish Chicken(461) Brown Rice with Orzo & Red Pepper(48) Corn(1) Whole Wheat Roll(180) Fresh Orange(0)</p>	<p>23 SITES CLOSED</p>	<p>24</p> <p>Lasagna(290) with Meat Sauce(102) Parmesan Cheese(35) Broccoli(12) Snack Loaf(115) Hot Cinnamon Apples(64)</p>
<p>756 cal; 908mg sodium</p>	<p>731 cal; 1362mg sod.**</p>	<p>697 cal; 845mg sodium</p>		<p>735 cal; 773mg sodium</p>
<p>27</p> <p>Cheeseburger(338) Ketchup(82) Roast Sweet Potato(41) Green Beans(3) Hamburger Bun(250) Fruited Yogurt(75)</p>	<p>28</p> <p>Chicken-Broccoli-Penne Alfredo(669)* Roasted Chef's Choice Vegetable Blend(51) Multigrain Bread(150) Hot Cinnamon Pears(64)</p>	<p>29</p> <p>Catch of the Day(97) with Newburg Sauce(99) Mashed Potato(135) Brussels Sprouts(17) Whole Wheat Roll(180) Cupcake(170) MOD: Graham Crax(95)</p>	<p>30</p> <p>Roast Pork with Apple Cider Gravy(112) Baked Potato(4) Sour Cream(13) Collards with Onions(50) Pumpnickel Bread(280) Banana(1)</p>	<p>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75.</p>
<p>852 cal; 944mg sodium</p>	<p>721 cal; 1089mg sodium</p>	<p>732 cal; 853mg sodium</p>	<p>806 cal; 616mg sodium</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.