

ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 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><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>1 Hamburger(240) Ketchup(82) Potato Wedges(261) Peas & Carrots(74) Hamburger Bun(250) Fresh Orange(0)</p>
<p>4 SITES CLOSED</p>	<p>5 Tangerine Chicken(388) Roast Potato(6) Roman Veg. Blend(12) Oatmeal Bread(150) Double Chocolate Chip Cookie(91) MOD: Applesauce Cup(15)</p>	<p>6 Catch of the Day with Creole Sauce(266) Mexicali Brown Rice(48) Cauliflower/Gr.Beans(11) Garlic Roll(181) Pudding(200) MOD: Graham Crax(95)</p>	<p>7 COLD PLATE Chef's Salad with Turkey & Egg(520)* Italian Dressing(130) Potato Salad(57) 3-Bean Salad(34) Multigrain Bread(150) Mandarin Oranges(7)</p>	<p>8 Roast Pork Loin with Black Bean & Corn Salsa(84) Roast Sweet Potato(41) Diced Beets(173) Pumpnickel Bread(280) Fresh Apple(2)</p>
<p>708 cal; 931mg sodium</p>	<p>740 cal; 801mg sodium</p>	<p>706 cal; 860mg sodium</p>	<p>765 cal; 1052mg sodium</p>	<p>804 cal; 735mg sodium</p>
<p>11 Chicken Scaloppini(351) Italian Roast Potato(6) Broccoli & Carrots(39) Whole Wheat Roll(180) Pudding(200) MOD: Graham Crax(95)</p>	<p>12 COLD PLATE Tuna Salad(120) Chickpea Salad(145) Green Cabbage Cole Slaw(47) Mini Kaiser Roll(200) Brownie(100) for regular & modified dessert</p>	<p>13 Rst Turkey/Gravy(679)* Cranberry Sauce(4) Mashed Potato(135) Apple-Butternut Squash(4) Multigrain Bread(150) Fresh Banana(1)</p>	<p>14 WG Tortellini(120) Meat Sauce(102) Parmesan Cheese(35) Brussels Sprouts(17) Italian Bread(380) Hot Cinn. Peaches(64)</p>	<p>15 Beef Tips with Mushroom Gravy(112) Barley Pilaf with Carrots(112) Spinach/Red Pepper(106) Oatmeal Bread(150) Fresh Orange(0)</p>
<p>708 cal; 931mg sodium</p>	<p>751 cal; 766mg sodium</p>	<p>678 cal; 1128mg sodium</p>	<p>680 cal; 873mg sodium</p>	<p>703 cal; 635mg sodium</p>
<p>18 Crunchy Fish(220) Tartar Sauce(130) Roast Sweet Potato(41) Green Beans with Red Pepper(3) Pumpnickel Bread(280) Applesauce Cup(15)</p>	<p>19 Salisbury Steak with Gravy(384) Mashed Potato(135) Lima Beans with Red Pepper(57) Whole Wheat Roll(180) Fresh Orange(0)</p>	<p>20 Omelet topped with Shredded Cheddar(460) Home Fries(62) Peppers & Onions(2) Cranberry-Orange Snack Loaf(115) Fruited Yogurt(75)</p>	<p>21 Spanish Pot Roast(97) Tater Tots(341) Peas & Cauliflower(50) Oatmeal Bread(150) Pumpkin Cookie(139) MOD: Fruited Oatmeal Bar(85)</p>	<p>22 Greek Chicken(489) Brown & Wild Rice(40) Broccoli & Corn(7) Multigrain Bread(150) Fresh Banana(1)</p>
<p>762 cal; 844mg sodium</p>	<p>707 cal; 910mg sodium</p>	<p>759 cal; 869mg sodium</p>	<p>790 cal; 932mg sodium</p>	<p>661 cal; 842mg sodium</p>
<p>25 Cottage Pie with Diced Pork, Corn, Mashed Potato, & Gravy(155) Collards with Onions(50) Corn Loaf(211) Fruited Yogurt(75)</p>	<p>26 COLD PLATE Vegetable Soup(41) (soup for cong. only) Egg Salad(170) Pasta Salad(142) Zuke/Red Pep. Salad(63) Mini Kaiser Roll(200) Fresh Apple(2)</p>	<p>27 Beef Burgundy(100) Baked Potato(4) Sour Cream(13) California Veg. Blend(30) Pumpnickel Bread(280) Cupcake(170) MOD: Raisins(4)</p>	<p>28 Teriyaki Chicken(436) Fried Brown Rice with Peas & Carrots(40) Asian Veg. Blend(25) Whole Wheat Roll(180) Pineapple(1)</p>	<p>29 Salmon with Newburg Sauce(153) Tomato-Braised Potato(38) Chef's Choice Veg.(51) Oatmeal Bread(150) Fresh Pear(2)</p>
<p>710 cal; 645mg sodium</p>	<p>814 cal; 731mg sodium</p>	<p>760 cal; 752mg sodium</p>	<p>637 cal; 836mg sodium</p>	<p>775 cal; 548mg 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.