

**ELDER NUTRITION PROGRAM**  
**Barnstable County FEBRUARY 2018**  
**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
			1 Roast Pork with Honey-Mustard Sauce(243) Roast Sweet Potato(41) Diced Beets(173) Pumpnickel Bread(280) Fresh Apple(2)	2 Beef Tips with Sherry-Thyme Gravy(125) Potato Wedges(261) Spinach(110) Multigrain Bread(150) Fresh Orange(0)
			<b>813 cal; 893mg sodium</b>	<b>760 cal; 801mg sodium</b>
5 Crunchy Fish(300) Tartar Sauce(130) Apple-Butternut Squash(4) Green Peas(82) Multigrain Bread(150) Fruited Yogurt(75)	6 Cheddar Frittata(236) Pancakes(313) Diet Maple Syrup(50) Peppers & Onions(2) Oatmeal Bread(150) Fresh Orange(0)	7 Stuffed Shells(390) Meat Sauce(102) Parmesan Cheese(35) Green Beans(3) Whole Wheat Roll(180) Fruited Bar(80) MOD: Shortbread Cookie(125)	8 Pot Roast w/Gravy(46) Tater Tots(341) Broccoli & Carrots(39) Corn Loaf(211) Fresh Banana(1)	9 Chicken Stew(120) Brussels Sprouts(17) Biscuit(355) Hot Cinnamon Pears(64)
<b>827 cal; 896mg sodium</b>	<b>696 cal; 906mg sodium</b>	<b>898 cal; 945mg sodium</b>	<b>810 cal; 794mg sodium</b>	<b>695 cal; 711mg sodium</b>
12 Ravioli(477) Meat Sauce(102) Parmesan Cheese(35) Broccoli & Corn(7) Oatmeal Bread(150) Hot Cinnamon Peaches(64)	13 Rst Turkey w/Gravy(679) Cranberry Sauce(4) Whip. Sweet Potato(33) Lima Beans/Cauliflower(37) Multigrain Bread(150) Raspberry Cookie(195) MOD: Grahams(95)	<b>14 Happy Valentine's Day!</b> Beef Burgundy(100) Cheddar Mash. Pot.(229) California Veg Blend(30) Dinner Roll(180) Chocolate Pudding with Whip. Topping(200) for both regular & MOD meals	15 Hawaiian Chicken(451) Fried Brown Rice with Egg(21) Asian Veg Blend(25) Whole Wheat Roll(180) Fresh Pear(2)	16 Salmon with Newburg Sauce(170) Tomato-Braised Potato(38) Peas & Carrots(74) Snack Loaf(115) Fresh Apple(2)
<b>703 cal; 990mg sodium</b>	<b>801 cal; 1253mg sodium</b>	<b>701 cal; 893mg sodium</b>	<b>718 cal; 833mg sodium</b>	<b>846 cal; 553mg sodium</b>
19 <b>SITES CLOSED</b> 	20 <b>Vegetable Soup(41)</b> <i>soup for cong only</i> Meatballs/Tom. Sauce(261) Sub Roll(250) Mac & Cheddar Cheese side dish(183) Broccoli & Cauliflower(15) Applesauce(14)	21 Chicken Piccata(357) Roast Sweet Potato(41) Green Beans with Red Pepper(3) Italian Bread(380) Fresh Orange(0)	22 Meatloaf with Gravy(133) Baked Potato(6) Sour Cream(13) Fiesta Veg Blend(15) Pumpnickel Bread(280) Brownie(100) MOD: Grahams(95)	23 Catch of the Day with Creole Sauce(266) Mexicali Brown Rice(48) Collard Greens(57) Whole Wheat Roll(180) Fresh Banana(1)
	<b>709 cal; 877mg sodium</b>	<b>728 cal; 936mg sodium</b>	<b>875 cal; 700mg sodium</b>	<b>703 cal; 707mg sodium</b>
26 Cheeseburger(338) Ketchup(82) Roast Sweet Potato(41) Zucchini & Tomatoes(56) Hamburger Bun(250) Fresh Pear(2)	27 Chicken Marsala(459) Buttered Egg Noodles(38) Roman Veg Blend(12) Multigrain Bread(150) Cupcake(170) MOD: Shortbread Cookie(125)	28 Fish with Sour Orange Sauce(105) Brown & Wild Rice(40) Chef's Choice Veg(51) Oatmeal Bread(150) Pudding(200) MOD: Applesauce(14)	<b>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75.</b>  <i>* indicates item w/ more than 500mg sodium.</i>	<b>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.</b>
<b>843 cal; 923mg sodium</b>	<b>741 cal; 984mg sodium</b>	<b>704 cal; 700mg sodium</b>		

**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.