

ELDER NUTRITION PROGRAM

Barnstable County **NOVEMBER 2022**

Reservations & Cancellations must be made two business days in advance.



Elder Services

of Cape Cod and the Islands



Menu subject to change without notice.

Main Office in S. Dennis: 508-394-4630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Herb-Crusted Tofu with Mango-Pineapple Salsa(76) Veg Rice Pilaf(22) Edamame & Corn(3) Hawaiian Dinner Roll(80) Pudding(135)	2 Braised Black Beans with Veggies(178) Cheddar Mashed Potato(227) Peas & Carrots(51) Wheat Bread(135) Fresh Apple(1)	3 Bruschetta Chicken Alternative(468) Baked Potato(6) Green Beans(2) Garlic Toast(120) Fresh Banana(1) Sour Cream pkt(9)	4 Veg. Swedish Meatballs with Egg Noodles(434) Broccoli(9) Wheat Roll(135) Pears in tray(5)
	855 cal; 471mg sodium	696 cal; 747mg sodium	791 cal; 761mg sodium	655 cal; 771mg sodium
7 Shepherd's Pie with Veg. Crumbles & Mashed Potato(550)* California Veg(17) Wheat Bread(135) Pudding(135)	8 Chicken Alternative with Marsala Sauce(402) Roasted Rosemary Potato(121) Peas(58) Wheat Roll(135) Fresh Apple(1)	9 White Bean Florentine(267) Brown Rice Pilaf(83) Gr. Beans/Red Pep.(3) Cornbread(90) Oatmeal Cookie(105)	10 Tofu Stroganoff with Egg Noodles(116) Brussels Sprouts(12) Wheat Bread(135) Diced Apricots in tray(10)	11 SITES CLOSED
657 cal; 992mg sodium	829 cal; 873mg sodium	754 cal; 703mg sodium	708 cal; 428mg sodium	
14 2 Veg. Sausage Patties with Cacciatore Sauce & Pasta(689)* 4-way Mixed Veg(30) Garlic Toast(120) Lorna Doones (147)	15 Tofu with Honey-Garlic Glaze(102) Mashed Sweet Potato(35) Beets & Greens(81) Wheat Bread(135) Fresh Grapes(2)	16 Tuscan Chicken Alternative(586)* Polenta(14) Veg Medley(16) Wheat Roll(135) Fresh Pear(1)	17 3 Veg. Fritters with Herb Aioli(610)* Butternut Squash(0) Peas & Corn(31) Wheat Bread(135) Yogurt(50)	18 Tofurkey with Gravy garnished w/stuffing & cranberry sauce(711)* Mashed Potato(134) Green Beans(2) Dinner Roll(135) Applesauce in tray(14)
823 cal; 1141mg sodium	611 cal; 510mg sodium	786 cal; 757mg sodium	733 cal; 981mg sodium	830 cal; 1151mg sodium
21 Tofu Teriyaki(523)* White Rice(1) Broccoli(9) Hawaiian Dinner Roll(80) Peaches in tray(5)	22 Chicken Alternative with Stewed Tomatoes(473) Tortellini(225) Veg Medley(16) Wheat Roll(135) Yogurt(50)	23 Cheddar Omelet(377) Sweet Potato & Black Bean Hash(80) Zucchini(2) Cornbread(90) Mixed Fruit in tray(10)	24 SITES CLOSED 25 SITES CLOSED 	
613 cal; 773mg sodium	670 cal; 1054mg sodium	784 cal; 714mg sodium		
28 Tofu with Mustard-Wine Sauce(168) Mash. Sweet Potato(35) Corn w/Red Peppers(4) Wheat Roll(135) Pudding(135)	29 2 Roast Veg. Sausage Patties with Gravy(551)* Roast Potato(120) Green Beans(2) Wheat Bread(135) Fresh Banana(1)	30 Lasagna with Marinara Sauce & Parmesan Garnish(608)* Broccoli(9) Garlic Toast(120) Brownie(108)	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35	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.
715 cal; 632mg sodium	654 cal; 964mg sodium	745 cal; 1000mg 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 30mg; Milk adds 125mg sodium.