

# ELDER NUTRITION PROGRAM

**Barnstable County DECEMBER 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
	<p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></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 &amp; have them with another meal or snack.</i></p>	<p>1 Vegetarian Shepherd's Pie with Mashed Potato &amp; Gravy(524)* Collard Greens(43) Wheat Roll(135) Fresh Apple(1)</p>	<p>2 Baked Tofu with Creamy Mushroom Sauce(129) Brown &amp; Wild Rice(115) California Veg(17) Wheat Bread(135) Peaches in tray(5)</p>
			<b>592 cal; 858mg sodium</b>	<b>757 cal; 556mg sodium</b>
<p>5 Southwestern Beans with Cheddar(437) Green Beans(2) Cornbread(90) Lorna Doones(147)</p>	<p>6 Thai Curry Tofu(88) Veg Rice Pilaf(22) Edamame &amp; Corn(3) Hawaiian Roll(80) Fresh Grapes(1)</p>	<p>7 Veg. Sausage Patties with BBQ Sauce(764)* Baked Potato(6) Zucchini/Red Peppers(3) Wheat Roll(135) Fresh Banana(1) Sour Cream pkt(9)</p>	<p>8 Vegetarian Meatloaf with Gravy(500)* Mashed Potato(134) Peas &amp; Carrots(51) Wheat Roll(135) Pudding(135)</p>	<p>9 Chicken Alternative with Garlic-Butter Sauce over Angel Hair Pasta(262) Kale w/Red Peppers(17) Cornbread(90) Diced Apricots in tray(10)</p>
<b>716 cal; 831mg sodium</b>	<b>752 cal; 349mg sodium</b>	<b>668 cal; 1073mg sodium</b>	<b>642 cal; 1110mg sodium</b>	<b>899 cal; 534mg sodium</b>
<p>12 Baked Lemon-Rosemary Tofu(66) Mashed Sweet Potato(35) Veg Medley(16) Wheat Bread(135) Pudding(135)</p>	<p>13 Vegetarian American Chop Suey with Parm garnish(532)* Spinach(113) Garlic Toast(350) Fresh Banana(1)</p>	<p>14 Vegetarian Meatballs Stroganoff with Egg Noodles(488) Brussels Sprouts(12) Wheat Roll(135) Fresh Apple(1)</p>	<p>15 Chicken Alternative Spiced with Pears(266) Potatoes Au Gratin(335) Broccoli(9) Wheat Bread(135) Pound Cake(240)</p>	<p>16 Cheddar Omelet(377) Tater Tots(230) Peppers &amp; Onions(3) Muffin(280) Mixed Fruit in tray(10)</p>
<b>727 cal; 542mg sodium</b>	<b>703 cal; 1151mg sodium</b>	<b>768 cal; 791mg sodium</b>	<b>802 cal; 1140mg sodium</b>	<b>774 cal; 1055mg sodium</b>
<p>19 Stuffed Shells with Marinara &amp; Parm garnish(580)* Peas &amp; Corn(31) Wheat Roll(135) Peaches in tray(5)</p>	<p>20 Roasted Tofu with Gravy(61) Roasted Rosemary Potato(121) Butternut Squash(0) Cornbread(90) Fresh Grapes(1)</p>	<p>21 Corn Fritters with Aioli(431) Mash. Sweet Potato(35) Green Beans(2) Wheat Bread(135) Yogurt(50)</p>	<p>22 Braised Black Beans with Veg(178) Mashed Potato(134) Glazed Carrots(46) Wheat Roll(135) Holiday Dessert(230)</p>	<p>23 Chicken Alternative with Gravy(311) Potato Latkes(414) Veg Medley(16) Cornbread(90) Applesauce in tray(14)</p>
<b>594 cal; 906mg sodium</b>	<b>851 cal; 428mg sodium</b>	<b>693 cal; 808mg sodium</b>	<b>803 cal; 878mg sodium</b>	<b>777 cal; 1000mg sodium</b>
<p>26 <b>SITES CLOSED</b></p>  <p><i>Happy Holidays</i></p>	<p>27 Ravioli with Marinara &amp; Parm garnish(520)* Tuscan Veg(35) Wheat Roll(135) Pudding(135)</p>	<p>28 Baked Tofu with Tomato-Caper Cream Sauce(339) Brown Rice Pilaf(83) Broccoli(9) Wheat Bread(135) Brownie(108)</p>	<p>29 Chicken Alternative with Alfredo Sauce over Noodles(428) Green Beans with Red Peppers(3) Garlic Toast(350) Fresh Pear(1)</p>	<p>30 Vegetarian Stew with Chickpeas &amp; Cheddar(392) Beets &amp; Greens(81) Biscuit(440) Diced Apricots in tray(10)</p>
	<b>630 cal; 980mg sodium</b>	<b>834 cal; 829mg sodium</b>	<b>882 cal; 937mg sodium</b>	<b>745 cal; 1078mg 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 30mg; Milk adds 125mg sodium.**