

ELDER NUTRITION PROGRAM

Barnstable County FEBRUARY 2023

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
<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 & have them with another meal or snack.</i></p>	<p>1 Chicken with Orange Glaze(388) Brown Rice Pilaf(83) Broccoli(9) Wheat Bread(135) Pudding(135) MOD:Lower-Carb Dessert</p>	<p>2 <u>Chicken Soup-cong only</u> Beef & Turkey Sloppy Joe(168) Tater Tots(230) Mixed Veg(9) Hawaiian Sweet Hamburger Bun(120) Fresh Banana(1)</p>	<p>3 Meatball Stroganoff over Egg Noodles(455) Veg Medley(16) Wheat Roll(135) Pears in tray(5)</p>
		704 cal; 905mg sodium	767 cal; 683mg sodium	841 cal; 766mg sodium
<p>6 Chicken Marsala(462) Mashed Sweet Potato(35) Green Beans(2) Wheat Bread(135) Lorna Doones(147) <i>for both reg & MOD</i></p>	<p>7 American Chop Suey(234) Broccoli(9) Garlic Toast(350) Fresh Banana(1)</p>	<p>8 Beef Wellington(210) Cheddar Mashed Potato(227) Brussels Sprouts(12) Wheat Roll(135) Yogurt(50)</p>	<p>9 BBQ Chicken Drumsticks(385) Baked Potato(6) California Veg(17) Wheat Bread(135) Fresh Grapes(2) Sour Cream(9)</p>	<p>10 Fish (cod or pollock) with Bruschetta Sauce & Tortellini(688)* Kale & Corn(15) Wheat Roll(135) Mixed Fruit in tray(10)</p>
727 cal; 936mg sodium	774 cal; 749mg sodium	822 cal; 789mg sodium	703 cal; 709mg sodium	694 cal; 1003mg sodium
<p>13 Beef Stew(169) Butternut Squash(0) Biscuit(440) Peaches in tray(5)</p>	<p>14 <i>Happy Valentine's Day!</i> Cheddar Omelet(377) Home Fries with Peppers & Onions(54) Zucchini(2) Cornbread Loaf(180) Cheesecake(330) MOD:Choc.ChipCookie(70)</p>	<p>15 Stuffed Shells with Beef Bolognese & Parm garnish(558)* Green Beans(2) Garlic Toast(350) Two Fresh Clementines(1)</p>	<p>16 Meatloaf with Gravy(258) Mashed Potato(134) Peas & Carrots(51) Wheat Roll(135) Yogurt(50)</p>	<p>17 Lemon Herb Chicken(384) Au Gratin Potato(335) Mixed Veg(9) Hawaiian Dinner Roll(80) Pineapple in tray(1)</p>
861 cal; 769mg sodium	923 cal; 1098mg sodium	768 cal; 1066mg sodium	725 cal; 783mg sodium	764 cal; 964mg sodium
<p>20 SITES CLOSED</p> 	<p>21 Chicken Piccata(450) Roasted Rosemary Potato(121) Kale & Corn(15) Wheat Bread(135) Fresh Apple(1)</p>	<p>22 Roast Turkey with Gravy(562)* Mashed Potato(134) California Veg(17) Wheat Roll(135) Brownie(108) MOD:Lorna Doones(147)</p>	<p>23 Lasagna with Beef Bolognese & Parm garnish(488) Veg Medley(16) Wheat Bread(135) Fresh Banana(1)</p>	<p>24 Pork with Mustard-Wine Sauce(217) Brown Rice & Beans(60) Beets & Greens(81) Cornbread Loaf(180) Mixed Fruit in tray(10)</p>
	800 cal; 877mg sodium	740 cal; 1111mg sodium	678 cal; 795mg sodium	855 cal; 703mg sodium
<p>27 Chicken Alfredo over Egg Noodles(488) Green Beans with Red Pepper(3) Garlic Toast(350) Yogurt(50)</p>	<p>28 Shrimp with Creamy Cajun Sauce(513)* Veg Br. Rice Pilaf(22) Broccoli(9) Wheat Roll(135) Fresh Pear(1)</p>			
856 cal; 1046mg sodium	696 cal; 835mg 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.