

ELDER NUTRITION PROGRAM

Barnstable County FEBRUARY 2023

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

Menu subject to change without notice.



Elder Services

of Cape Cod and the Islands



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 Tofu with Orange Glaze(78) Brown Rice Pilaf(83) Broccoli(9) Wheat Bread(135) Pudding(135)</p>	<p>2 Vegetarian Sloppy Joe(413) Tater Tots(230) Mixed Veg(9) Hawaiian Sweet Hamburger Bun(120) Fresh Banana(1)</p>	<p>3 Vegetarian Meatball Stroganoff over Egg Noodles(488) Veg Medley(16) Wheat Roll(135) Pears in tray(5)</p>
		706 cal; 595mg sodium	682 cal; 928mg sodium	764 cal; 799mg sodium
<p>6 Chicken Alternative with Marsala Sauce(402) Mashed Sweet Potato(35) Green Beans(2) Wheat Bread(135) Lorna Doones(147)</p>	<p>7 Vegetarian American Chop Suey(477) Broccoli(9) Garlic Toast(350) Fresh Banana(1)</p>	<p>8 3 Veggie Fritters(555)* Cheddar Mashed Potato(227) Brussels Sprouts(12) Wheat Roll(135) Yogurt(50)</p>	<p>9 2 Veg. Sausage Patties with BBQ Sauce(765)* Baked Potato(6) California Veg(17) Wheat Bread(135) Fresh Grapes(2) Sour Cream(9)</p>	<p>10 Tofu Bruschetta with Tortellini(518)* Kale & Corn(15) Wheat Roll(135) Mixed Fruit in tray(10)</p>
757 cal; 876mg sodium	670 cal; 992mg sodium	729 cal; 1134mg sodium	651 cal; 1089mg sodium	756 cal; 833mg sodium
<p>13 Southwestern Beans with Cheddar(438) Butternut Squash(0) Biscuit(310) Peaches in tray(5)</p>	<p>14 Happy Valentine's Day! Cheddar Omelet(377) Home Fries with Peppers & Onions(54) Zucchini(2) Cornbread Loaf(180) Cheesecake(330)</p>	<p>15 Stuffed Shells with Marinara & Parm garnish(580)* Green Beans(2) Garlic Toast(350) Two Fresh Clementines(1)</p>	<p>16 Vegetarian Meatloaf with Gravy(501)* Mashed Potato(134) Peas & Carrots(51) Wheat Roll(135) Yogurt(50)</p>	<p>17 Lemon Herb Chicken Alternative(324) Au Gratin Potato(335) Mixed Veg(9) Hawaiian Dinner Roll(80) Pineapple in tray(1)</p>
622 cal; 908mg sodium	923 cal; 1098mg sodium	702 cal; 1088mg sodium	622 cal; 1026mg sodium	794 cal; 904mg sodium
<p>20 SITES CLOSED</p>	<p>21 Chicken Alternative with Piccata Sauce(390) Roasted Rosemary Potato(121) Kale & Corn(15) Wheat Bread(135) Fresh Apple(1)</p>	<p>22 Braised Black Beans with Veg(178) Mashed Potato(134) California Veg(17) Wheat Roll(135) Brownie(108)</p>	<p>23 Cheese Lasagna with Marinara & Parm garnish(510)* Veg Medley(16) Wheat Bread(135) Fresh Banana(1)</p>	<p>24 Tofu with Mustard-Wine Sauce(170) Brown Rice & Beans(60) Beets & Greens(81) Cornbread(180) Mixed Fruit in tray(10)</p>
	830 cal; 817mg sodium	737 cal; 727mg sodium	612 cal; 817mg sodium	856 cal; 656mg sodium
<p>27 Chicken Alternative with Alfredo Sauce over Egg Noodles(428) Green Beans with Red Pepper(3) Garlic Toast(350) Yogurt(50)</p>	<p>28 Creamy Cajun Tofu(173) Veg Br. Rice Pilaf(22) Broccoli(9) Wheat Roll(135) Fresh Pear(1)</p>			
886 cal; 986mg sodium	729 cal; 495mg 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.