

# ELDER NUTRITION PROGRAM

**Barnstable County MARCH 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><b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b></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><b>1</b> Shepherd's Pie with Mashed Potato, Corn, &amp; Peas(282) Brussels Sprouts(12) Wheat Bread(135) Fresh Banana(1)</p>	<p><b>2</b> Chicken (breast) Anna Maria(500)* Polenta(14) California Veg(17) Wheat Roll(135) Lorna Doones(147) <i>for both reg &amp; MOD</i></p>	<p><b>3</b> Ravioli with Meat Sauce &amp; Parm garnish(498) Kale &amp; Corn(15) Wheat Bread(135) Mixed Fruit in tray(10)</p>
		<b>700 cal; 585mg sodium</b>	<b>770 cal; 968mg sodium</b>	<b>675 cal; 813mg sodium</b>
<p><b>6</b> Braised Beef with Veggies(70) Mashed Potato(134) Broccoli(9) Wheat Roll(135) Pound Cake(240) MOD:Lower Carb Dessert</p>	<p><b>7</b> Chicken Cordon Royale(550)* Mash. Sweet Potato(35) Peas(58) Wheat Bread(135) Fresh Grapes(2)</p>	<p><b>8</b> Pork with Maple Glaze(67) Tater Tots(230) Collard Greens(43) Wheat Roll(135) Fresh Apple(1)</p>	<p><b>9</b> American Chop Suey with ground turkey(217) Green Beans(2) Garlic Toast(350) Yogurt(50)</p>	<p><b>10</b> Salmon with Mango-Pineapple Salsa(76) Brown Rice &amp; Beans(60) Edamame &amp; Corn(3) Hawaiian Dinner Roll(80) Peaches in tray(5)</p>
<b>728 cal; 743mg sodium</b>	<b>696 cal; 935mg sodium</b>	<b>701 cal; 631mg sodium</b>	<b>714 cal; 774mg sodium</b>	<b>727 cal; 379mg sodium</b>
<p><b>13</b> Cheddar Omelet(377) Sweet Potato &amp; Black Bean Hash(80) Spinach with Red Peppers(57) Wheat Bread(135) Yogurt(50)</p>	<p><b>14 ERIN GO BRAGH! High Sodium Meal</b> Corned Beef &amp; Cabbage(853)* Boiled Potatoes(105) Carrots(43) Cornbread Loaf(180) Shamrock Cookie(150) MOD:Orange Diet Jello(8)</p>	<p><b>15</b> Chicken with Mushroom Cream Sauce(438) Brown &amp; Wild Rice(115) Broccoli(9) Wheat Roll(135) 2 Fresh Clementines(1)</p>	<p><b>16</b> Spaghetti &amp; Meatballs with Marinara Sauce &amp; Parm garnish(539)* Veg Medley(16) Wheat Roll(135) Fresh Pear(1)</p>	<p><b>17</b> Meatloaf with Gravy(258) Cheddar Mashed Potato(227) Mixed Veg(9) Wheat Bread(135) Mixed Fruit in tray(10)</p>
<b>708 cal; 854mg sodium</b>	<b>964 cal; 1486mg sodium</b>	<b>759 cal; 853mg sodium</b>	<b>707 cal; 846mg sodium</b>	<b>749 cal; 794mg sodium</b>
<p><b>20</b> Stuffed Shells with Meat Sauce &amp; Parm garnish(558)* Kale &amp; Corn(15) Wheat Roll(135) Pudding(135) MOD:Lower Carb Dessert</p>	<p><b>21 COLD PLATE Welcome Spring!</b> Egg Salad(238) Beet Salad(86) Cole Slaw(70) Pita Bread(250) Fresh Banana(1) <b>CONG ONLY:Veg Soup</b></p>	<p><b>22</b> Beef Chili(374) Mixed Veg(9) Cornbread Loaf(180) Choc. Chip Cookie(70) <i>for both reg &amp; MOD</i></p>	<p><b>23</b> Chicken Drumsticks with Balsamic Glaze(129) Sweet Potato Puffs(202) California Veg(17) Wheat Bread(135) Fresh Grapes(2)</p>	<p><b>24</b> White Fish with Stewed Tomatoes(465) Macaroni &amp; Cheese side dish(324) Green Beans(2) Wheat Roll(135) Pears in tray(5)</p>
<b>695 cal; 998mg sodium</b>	<b>722 cal; 800mg sodium</b>	<b>703 cal; 788mg sodium</b>	<b>719 cal; 640mg sodium</b>	<b>753 cal; 1086mg sodium</b>
<p><b>27</b> Pork with Rosemary-Garlic Sauce(126) Mash. Sweet Potato(35) Peas(58) Wheat Bread(135) Pudding(135) MOD:Lower Carb Dessert</p>	<p><b>28</b> Roast Turkey with Gravy(563)* Roasted Rosemary Potato(121) California Veg(17) Wheat Roll(135) Fresh Banana(1)</p>	<p><b>29</b> Lasagna with Meat Sauce &amp; Parm garnish(488) Veg Medley(16) Wheat Bread(135) Brownie(108) MOD:Lorna Doones(147)</p>	<p><b>30</b> Beef with Thai Curry Sauce(243) Brown Rice Pilaf(83) Broccoli(9) Wheat Roll(135) 2 Fresh Clementines(1)</p>	<p><b>31</b> Chicken "Pot Pie"(122) Butternut Squash(0) Biscuit(440) Peaches in tray(5)</p>
<b>743 cal; 644mg sodium</b>	<b>730 cal; 992mg sodium</b>	<b>793 cal; 902mg sodium</b>	<b>726 cal; 627mg sodium</b>	<b>843 cal; 722mg sodium</b>
<p><b>NUTRITION INFO: Total calories (cals) &amp; sodium are for the ENTIRE meal, including margarine &amp; milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.</b></p>				