

ELDER NUTRITION PROGRAM

Barnstable County MARCH 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>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</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 Vegetarian Shepherd's Pie with Mashed Potato, Corn, & Peas(525)* Brussels Sprouts(12) Wheat Bread(135) Fresh Banana(1)</p>	<p>2 3 Veggie Fritters with Anna Maria Sauce(365) Polenta(14) California Veg(17) Wheat Roll(135) Lorna Doones(147)</p>	<p>3 Ravioli with Lentil Bolognese Sauce & Parm garnish(506)* Kale & Corn(15) Wheat Bread(135) Mixed Fruit in tray(10)</p>
		597 cal; 828mg sodium	726 cal; 833mg sodium	628 cal; 821mg sodium
<p>6 Braised Black Beans with Veggies(178) Mashed Potato(134) Broccoli(9) Wheat Roll(135) Pound Cake(240)</p>	<p>7 2 Corn Fritters with Aioli(539)* Mash. Sweet Potato(35) Peas(58) Wheat Bread(135) Fresh Grapes(2)</p>	<p>8 Tofu with Maple Glaze(270) Tater Tots(230) Collard Greens(43) Wheat Roll(135) Fresh Apple(1)</p>	<p>9 Vegetarian American Chop Suey(477) Green Beans(2) Garlic Toast(350) Yogurt(50)</p>	<p>10 Herb-Crusted Tofu with Mango-Pineapple Salsa(76) Brown Rice & Beans(60) Edamame & Corn(3) Hawaiian Dinner Roll(80) Peaches in tray(5)</p>
699 cal; 851mg sodium	800 cal; 924mg sodium	702 cal; 584mg sodium	682 cal; 1034mg sodium	841 cal; 379mg sodium
<p>13 Cheddar Omelet(377) Sweet Potato & Black Bean Hash(80) Spinach with Red Peppers(57) Wheat Bread(135) Yogurt(50)</p>	<p>14 ERIN GO BRAGH! 2 Veg. Sausage Patties with Cabbage(518)* Boiled Potatoes(105) Carrots(43) Cornbread Loaf(180) Shamrock Cookie(150)</p>	<p>15 Chicken Alternative with Mushroom Cream Sauce(378) Brown & Wild Rice(115) Broccoli(9) Wheat Roll(135) 2 Fresh Clementines(1)</p>	<p>16 Spaghetti & Vegetarian Meatballs with Marinara Sauce & Parm garnish(572)* Veg Medley(16) Wheat Roll(135) Fresh Pear(1)</p>	<p>17 Vegetarian Meatloaf with Gravy(501)* Cheddar Mashed Potato(227) Mixed Veg(9) Wheat Bread(135) Mixed Fruit in tray(10)</p>
708 cal; 854mg sodium	1007 cal; 1151mg sodium	789 cal; 793mg sodium	630 cal; 879mg sodium	645 cal; 1037mg sodium
<p>20 Stuffed Shells with Marinara Sauce & Parm garnish(580)* Kale & Corn(15) Wheat Roll(135) Pudding(135)</p>	<p>21 COLD PLATE Welcome Spring! Egg Salad(238) Beet Salad(86) Cole Slaw(70) Pita Bread(250) Fresh Banana(1)</p>	<p>22 Southwestern Beans with Cheddar(438) Mixed Veg(9) Cornbread Loaf(180) Chocolate Chip Cookie(70)</p>	<p>23 Tofu with Balsamic Glaze(19) Sweet Potato Puffs(202) California Veg(17) Wheat Bread(135) Fresh Grapes(2)</p>	<p>24 Chicken Alternative with Stewed Tomatoes(473) Macaroni & Cheese side dish(324) Green Beans(2) Wheat Roll(135) Pears in tray(5)</p>
630 cal; 1020mg sodium	722 cal; 800mg sodium	685 cal; 852mg sodium	649 cal; 530mg sodium	834 cal; 1094mg sodium
<p>27 Baked Tofu with Rosemary Garlic Sauce(79) Mash. Sweet Potato(35) Peas(58) Wheat Bread(135) Pudding(135)</p>	<p>28 Braised Lentils(166) Roasted Rosemary Potato(121) California Veg(17) Wheat Roll(135) Fresh Banana(1)</p>	<p>29 Lasagna with Marinara Sauce & Parm garnish(510)* Veg Medley(16) Wheat Bread(135) Brownie(108)</p>	<p>30 Thai Curry Tofu(87) Brown Rice Pilaf(83) Broccoli(9) Wheat Roll(135) 2 Fresh Clementines(1)</p>	<p>31 Vegetarian Stew with Chickpeas & Cheddar(392) Butternut Squash(0) Biscuit(440) Peaches in tray(5)</p>
744 cal; 597mg sodium	652 cal; 595mg sodium	727 cal; 924mg sodium	690 cal; 470mg sodium	766 cal; 992mg 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.