

# ELDER NUTRITION PROGRAM

Barnstable County **MAY 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
<b>1</b> Egg Roll Skillet with Tofu(559)* Brown Rice Pilaf(83) Green Beans(2) Hawaiian Dinner Roll(80) Lorna Doones(147)	<b>2</b> Shepherd's Pie with Veggie Crumbles, Mashed Potato, Corn, Peas, & Veg Gravy(525)* Brussels Sprouts(12) Wheat Bread(135) Pudding(135)	<b>3</b> Chicken Alternative with Balsamic Plum Tomato Sauce(387) Tortellini(225) Mixed Veg(9) Wheat Roll(135) Fresh Banana(1)	<b>4 COLD PLATE</b> Spinach Chef's Salad w/ HB Eggs & Cheese(241) Couscous Salad with Artichoke(167) Tomato-Cuke Salad(15) Pita Bread(250) Fresh Grapes(2)	<b>5</b> Baked Tofu w/Rosemary-Garlic Sauce(79) Scalloped Potato(221) Kale & Braised Beans(195) Wheat Bread(135) Pears in tray(5)
<b>649 cal; 1026mg sodium</b>	<b>626 cal; 962mg sodium</b>	<b>746 cal; 912mg sodium</b>	<b>785 cal; 830mg sodium</b>	<b>733 cal; 790mg sodium</b>
<b>8</b> Cheese Ravioli with Marinara Sauce & parm garnish(565)* California Veg(17) Wheat Roll(135) Yogurt(50)	<b>9</b> Cheddar Omelet(377) Sweet Potato & Black Bean Hash(80) Zucchini/Red Peppers(3) Cornbread Loaf(180) 2 Fresh Clementines(1)	<b>10</b> Braised Black Beans with Veggies(178)* Baked Potato(6) Carrots(43) Wheat Bread(135) Fresh Pear(1) Sour Cream pkt(9)	<b>11</b> Tofu Teriyaki(525)* Brown & Wild Rice(115) Veg Medley(16) Wheat Roll(135) Brownie(108)	<b>12</b> 3 Veggie Fritters with Aioli(719)* Mash. Sweet Potato(35) Peas(58) Wheat Bread(135) Peaches in tray(5)
<b>620 cal; 922mg sodium</b>	<b>793 cal; 796mg sodium</b>	<b>674 cal; 527mg sodium</b>	<b>771 cal; 1054mg sodium</b>	<b>852 cal; 1107mg sodium</b>
<b>15</b> 2 Veg Sausage Patties with Stroganoff Sauce over Egg Noodles(608)* Broccoli(9) Cornbread Loaf(180) Oatmeal Cookie(105)	<b>16 COLD PLATE</b> Egg Salad(238) Potato Salad(186) Spinach Salad with Mandarin Oranges(29) Hawaiian Sweet Bun(120) Fresh Apple(1)	<b>17</b> 2 Corn Fritters with Aioli(539)* Brown Rice & Kidney Beans(60) Beets & Collards(81) Wheat Bread(135) Pudding(135)	<b>18</b> Baked Tofu Bruschetta(218)* Bowtie Pasta(2) Tuscan Veg(35) Garlic Toast(350) Fresh Banana(1)	<b>19</b> Vegetarian Meatloaf with Veg Gravy(501)* Mashed Potato with Veg Gravy(161) Kale & Corn(15) Wheat Roll(135) Pears in tray(5)
<b>881 cal; 1057mg sodium</b>	<b>868 cal; 729mg sodium</b>	<b>877 cal; 1105mg sodium</b>	<b>811 cal; 761mg sodium</b>	<b>627 cal; 972mg sodium</b>
<b>22</b> Lentil Stew with Potato, Peas, & Carrots(138) Green Beans(2) Biscuit(440) Peaches in tray(5)	<b>23</b> Chicken Alternative with Piccata Sauce(390) Polenta(14) Peas & Carrots(51) Wheat Bread(135) Fresh Banana(1)	<b>24</b> Cheese Lasagna with Marinara Sauce & parm garnish(555)* Veg Medley(16) Wheat Roll(135) Yogurt(50)	<b>25</b> Southwestern Beans & Cheddar(438) Broccoli(9) Cornbread Loaf(180) Lorna Doones(147)	<b>26</b> BBQ Veggie Burger(697)* Butternut Squash(0) Collard Greens(43) Hawaiian Sweet Bun(120) Applesauce in tray(14)
<b>764 cal; 740mg sodium</b>	<b>762 cal; 746mg sodium</b>	<b>628 cal; 911mg sodium</b>	<b>714 cal; 929mg sodium</b>	<b>789 cal; 1029mg sodium</b>
<b>29 SITES CLOSED</b> 	<b>30</b> Spaghetti & Vegetarian Meatballs with Marinara Sauce & parm garnish(617)* Mixed Veg(9) Wheat Roll(135) Fresh Apple(1)	<b>31 COLD PLATE</b> Waldorf Chickpea Salad with Cheese(281) Beet Salad(86) Cole Slaw(70) Pita Bread(250) Frosted Banana Cake(260)	Thank you for your <b>voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b>  <i>*indicates item w/ more than 500mg sodium.</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.
<b>Memorial Day</b>	<b>626 cal; 917mg sodium</b>	<b>879 cal; 1102mg 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.