ELDER NUTRITION PROGRAM

Barnstable CountySEPTEMBER 2023Reservations & Cancellations must be

made two business days in advance.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another medi or snack Thank you for your of \$4.00 per meal towards actual cost of \$12.35 Thank you for your of \$4.00 per meal towards actual cost of \$12.35 BBQ Chicken Dumstick(s(385)) *Inth, or dessert & have them with another medi or snack *Indicates: Item w/ more than 500mg sodium. SEPTEE & DEF (Chicken Piccata(450)) You for your this printsore (241) 7 S 4 SITES CLOSED Chicken Piccata(450) Mashed Sweet potol(35) Zucchini(2) Chicken Piccata(450) Mashed Sweet potol(35) You for your the potol (241) Neatload with Gravy(228) S/ S LABOR DAY 72 catis; 924mg sodium 32 catis; 924mg sodium 81 S 8 8 Chicken Piccata(450) Mashed Sweet Pototi reg & M/OD Fresh Banana(1) Fresh Banana(1) 7 Neat Rol(135) Paran Gravy(161) Paran Potars in tray(5) Labor Day Chicken Nith Rosemary Potenti(14) Diffic Samon Tenyaki(615)* Rash dressing cup(210) Chicken Salad(97) Pota Rosat wiGravy(212) Carlior Mashed Sweet Potaro Fallon Dessing(15) Paran Salad(77) Pota Rosat wiGravy(212) Potaro Pollock(30) Paran Salad(71)	Menu subject to chang		Main Office in S. Dennis: 508-394-4630		
In order to reduce sodium at this meal, you may want to save them with another medi or snack. Image value for your sol 53.00 per meal towards actual towards actu					1
you may want to some items such as bread, milk, or desaert & have them with another meal or snack. totage Medley(12) wheat Bread(135) principal (21) mashed Sweet Tater Tots(230) Yeg Medley(12) wheat Bread(135) Pineapple in tray(1) 4 SITES CLOSED 5 COLD PLAYIE Vegetarian Chef's Satad with spinach, eggs & cheddra(241) 7 8 8 4 SITES CLOSED 5 Chicken Piccata(450) Mashed Sweet 7 8 8 2 Cochin (2) Wheat Bread(135) Locchin(2) 7 8 8 8 2 Cochin (2) Potato Satad(187) Potato Satad(187) 7 8 8 2 Cochin Piccata(35) Urabel Neat Bread(135) Lorab Drones(147) To boh reg & MOD 7 8 1 8 2 Tots Datin reg & MOD 8 Cochicken Satad(187) Potato(12) 7 1 647 cals; 868mg sodium 10 Latin rose & MOD Satinon Tenyak(161) ^C Caprice abas with Potato(12) 1 8 1 0 11 1 1 1 1 1 0 1 0 1 0 1 0 1 0 1 <	In order to reduce	Thank you for your voluntary donation			1 BBQ Chicken
them with another meal or snack. "indicates item w/ more than 500mg sodium. Pineapple in tray(1) 4 STES CLOSED 5 COLD PLATE 735 cals; 918mg sodium 4 STES CLOSED 5 Chicken Piccal4600 Weat Brain Chef's Salad with spinach, eggs & cheddar(241) 74 8 6 COLD PLATE 7 8 8 2 8 7 Carcing (24) Kals & Corn(15) Mashed Potato with Beef Bolognese 8 8 8 7 7 Total Salad(187) Potato Salad(187) Fresh Banana(1) Carcing (24) Wheat Bread(135) Wheat Bread(135) Wheat Bread(135) Potato(12) Porta in tray(5) 7 Salmon Teniyaki(616) Batternut Squash(0) 13 14 COLD PLATE 15 7 Salmon Teniyaki(616) Batternut Squash(0) Patta Presid(215) Potato(140) Batternut Squash(0) Batala Bread(180) Applesauce in tray(14)	you may want to save items such as bread,	towards actual	SCPTC	' 🔬 🕽 🕻 🗋 🧧	Tater Tots(230) Veg Medley(12)
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