

# ELDER NUTRITION PROGRAM

**Barnstable County SEPTEMBER 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><i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; have them with another meal or snack.</i></p>	<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><b>1</b> BBQ Chicken Drumsticks(385) Tater Tots(230) Veg Medley(12) Wheat Bread(135) Pineapple in tray(1)</p>
				<b>735 cals; 918mg sodium</b>
<p><b>4 SITES CLOSED</b></p>	<p><b>5</b> Chicken Piccata(450) Mashed Sweet Potato(35) Zucchini(2) Wheat Bread(135) Lorna Doones(147) <i>for both reg &amp; MOD</i></p>	<p><b>6 COLD PLATE</b> Vegetarian Chef's Salad with spinach, eggs &amp; cheddar(241) Potato Salad(187) Hawaiian Dinner Roll(80) Fresh Banana(1) Ranch dressing cup(210)</p>	<p><b>7</b> Meatloaf with Gravy(258) Mashed Potato with Gravy(161) Carrots(43) Wheat Bread(135) Fresh Apple(1)</p>	<p><b>8</b> Stuffed Shells with Beef Bolognese &amp; Parm garnish(558)* Kale &amp; Corn(15) Wheat Roll(135) Pears in tray(5)</p>
<b>LABOR DAY</b>	<b>729 cals; 924mg sodium</b>	<b>831 cals; 874mg sodium</b>	<b>721 cals; 753mg sodium</b>	<b>647 cals; 868mg sodium</b>
<p><b>11</b> Chicken with Rosemary Garlic Sauce(389) Polenta(14) Green Beans with Red Peppers(3) Wheat Bread(135) Yogurt(50)</p>	<p><b>12 HIGH SODIUM MEAL</b> Salmon Teriyaki(615)* Brown &amp; Wild Rice(115) California Veg(17) Wheat Bread(135) Iced Chocolate Cake(182) MOD: Fruit in cup</p>	<p><b>13</b> Rst Turkey w/Gravy(563) Roasted Rosemary Potato(121) Butternut Squash(0) Wheat Roll(135) 2 Clementines(1)</p>	<p><b>14 COLD PLATE</b> Chicken Salad(97) Caprese Pasta Salad(163) Broccoli Salad w/Golden Italian Dressing(95) Pita Bread(215) Fresh Banana(1)</p>	<p><b>15</b> Pot Roast w/Gravy(212) Mashed Potato with Gravy(161) Beets &amp; Greens(81) Challah Bread(180) Applesauce in tray(14)</p>
<b>714 cals; 746mg sodium</b>	<b>797 cals; 1220mg sodium</b>	<b>775 cals; 975mg sodium</b>	<b>786 cals; 726mg sodium</b>	<b>751 cals; 803mg sodium</b>
<p><b>18</b> Braised Beef w/Veg(70) Brown Rice Pilaf(83) Brussels Sprouts(12) Wheat Bread(135) Pound Cake(240) MOD:Lorna Doones(147)</p>	<p><b>19 COLD PLATE</b> Egg Salad(238) 3-Bean Salad(370) Cole Slaw(70) Hawaiian Bun(120) Fresh Banana(1)</p>	<p><b>20</b> Sloppy Joe with Beef &amp; Turkey(168) Macaroni &amp; Cheese(323) Broccoli(9) LS Hamburger Bun(180) Fresh Grapes(2)</p>	<p><b>21</b> Potato Pollock(330) Baked Beans(140) Spinach/Red Pepper(57) Wheat Bread(135) Pudding(135) MOD: Fruit in cup Tartar Sauce pkt(85)</p>	<p><b>22</b> Chicken "Pot Pie"(122) Butternut Squash(0) Biscuit(310) Mixed Fruit in tray(10)</p>
<b>766 cals; 695mg sodium</b>	<b>792 cals; 954mg sodium</b>	<b>840 cals; 837mg sodium</b>	<b>695 cals; 1037mg sodium</b>	<b>838 cals; 597mg sodium</b>
<p><b>25</b> Omelet with Swiss Cheese(323) Potato Pancakes(370) Kale(22) Cornbread Loaf(180) Applesauce Cup(15) Diet Syrup pkt(80)</p>	<p><b>26</b> Beef Stroganoff with Egg Noodles(179) Broccoli(9) Wheat Bread(135) Banana Cake(260) MOD:Lorna Doones(147)</p>	<p><b>27</b> Chicken Marsala(462) Mashed Potato(134) Carrots(43) Wheat Bread(135) Fresh Pear(1)</p>	<p><b>28</b> Lasagna with Beef Bolognese &amp; Parm garnish(488) Tuscan Veg(35) Wheat Roll(135) Yogurt(50)</p>	<p><b>29 COLD PLATE</b> Tuna Salad(391) Mexican Corn Salad(67) Tomato-Zucchini Salad(6) Pita Bread(215) Peaches in tray(5)</p>
<b>796 cals; 1145mg sodium</b>	<b>925 cals; 738mg sodium</b>	<b>668 cals; 930mg sodium</b>	<b>666 cals; 863mg sodium</b>	<b>779 cals; 839mg 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.**