

ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 2023

Reservations & Cancellations must be made two business days in advance.



Elder Services

of Cape Cod and the Islands



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 & 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>1 BBQ Tofu(408) Tater Tots(230) Veg Medley(12) Wheat Bread(135) Pineapple in tray(1)</p>
				699 cal; 941mg sodium
<p>4 SITES CLOSED</p>	<p>5 Chicken Alternative with Piccata Sauce(390) Mash. Sweet Potato(35) Zucchini(2) Wheat Bread(135) Lorna Doones(147)</p>	<p>6 COLD PLATE Spinach Chef's Salad with hard boiled eggs & cheddar(241) Potato Salad(187) Hawaiian Dinner Roll(80) Fresh Banana(1) Ranch dressing cup(210)</p>	<p>7 Vegetarian Meatloaf with Veg Gravy(501)* Mashed Potato with Gravy(161) Carrots(43) Wheat Bread(135) Fresh Apple(1)</p>	<p>8 Stuffed Shells with Lentil Bolognese & Parm garnish(566)* Kale & Corn(15) Wheat Roll(135) Pears in tray(5)</p>
LABOR DAY	759 cal; 864mg sodium	831 cal; 874mg sodium	617 cal; 996mg sodium	600 cal; 876mg sodium
<p>11 White Beans w/Rosemary Garlic Sauce(209) Polenta(14) Green Beans with Red Peppers(3) Wheat Bread(135) Yogurt(50)</p>	<p>12 Tofu Teriyaki(525)* Brown & Wild Rice(115) California Veg(17) Wheat Bread(135) Iced Chocolate Cake(182)</p>	<p>13 Vegetarian Sausage Patties with Gravy(551)* Roasted Rosemary Potato(121) Butternut Squash(0) Wheat Roll(135) 2 Clementines(1)</p>	<p>14 COLD PLATE Waldorf Chickpea Salad(186) Caprese Pasta Salad(163) Broccoli Salad w/Golden Italian Dressing(95) Pita Bread(215) Fresh Banana(1)</p>	<p>15 Roast Tofu w/Gravy(50) Mashed Potato with Gravy(161) Beets & Greens(81) Challah Bread(180) Applesauce in tray(14)</p>
699 cal; 566mg sodium	820 cal; 1129mg sodium	765 cal; 963mg sodium	818 cal; 815mg sodium	711 cal; 641mg sodium
<p>18 Braised Black Beans with Veggies(165) Brown Rice Pilaf(83) Brussels Sprouts(12) Wheat Bread(135) Pound Cake(240)</p>	<p>19 COLD PLATE Egg Salad(238) 3-Bean Salad(370) Cole Slaw(70) Hawaiian Bun(120) Fresh Banana(1)</p>	<p>20 Sloppy Joe made with Soy Crumbles(413) Macaroni & Cheese(323) Broccoli (9) LS Hamburger Bun(180) Fresh Grapes(2)</p>	<p>21 Herb Crusted Tofu(75) Baked Beans(140) Spinach with Red Peppers(57) Wheat Bread(135) Pudding(135)</p>	<p>22 Lentil Stew with potato/peas/carrots(140) Butternut Squash(0) Biscuit(310) Mixed Fruit in tray(10)</p>
726 cal; 790mg sodium	792 cal; 954mg sodium	755 cal; 1082mg sodium	704 cal; 697mg sodium	760 cal; 615mg sodium
<p>25 Omelet with Swiss Cheese(323) Potato Pancakes(370) Kale(22) Cornbread Loaf(180) Applesauce Cup(15) Diet Syrup pkt(80)</p>	<p>26 Vegetarian Meatball Stroganoff with Egg Noodles(488) Broccoli (9) Wheat Bread(135) Banana Cake(260)</p>	<p>27 Baked Tofu with Marsala Sauce(152) Mashed Potato(134) Carrots(43) Wheat Bread(135) Fresh Pear(1)</p>	<p>28 Lasagna with Marinara Sauce & Parm garnish(510)* Tuscan Veg(35) Wheat Roll(135) Yogurt(50)</p>	<p>29 COLD PLATE Tortellini Pasta Salad(464) Tomato-Zucchini Salad(6) Pita Bread(215) Peaches in tray(5)</p>
796 cal; 1145mg sodium	931 cal; 1047mg sodium	670 cal; 620mg sodium	600 cal; 885mg sodium	692 cal; 845mg 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.