

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 2023




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



Menu subject to change without notice.

Main Office in S. Dennis: 508-394-4630



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u> <i>*indicates item w/ more than 500mg sodium.</i>	1 BBQ Pulled Pork(675)* Cheesy Grits(190) Collard Greens(43) Hawaiian Sweet Bun(120) Fresh Grapes(2)	2 Turkey Meatloaf with Gravy(252) Tater Tots(230) Mashed Butternut Sq.(0) Wheat Roll(135) Yogurt(50)	3 Spaghetti & Meatballs with Marinara & Parm garnish(539)* Broccoli(9) Cornbread mini-loaf(180) Mixed Fruit in tray(10)
		826 cal; 1185mg sodium	762 cal; 822mg sodium	763 cal; 893mg sodium
6 Chicken "Pot Pie"(122) Brussels Sprouts(12) Biscuit(310) Peaches in tray(5)	7 Braised Beef with Veggies(70) Scalloped Potato(221) Green Beans(2) Cornbread mini-loaf(180) Yogurt(50)	8 Cod with Tomato-Caper Cream Sauce with Orzo(551)* Kale & Corn(15) Wheat Roll(135) Cake(240) MOD:Lorna Doones(147)	9 Broccoli & Cheese Stuffed Chicken(410) Sweet Potato Wedges(200) Peas(58) Wheat Bread(135) Pineapple in tray(1)	10 SITES CLOSED 
785 cal; 604mg sodium	811 cal; 678mg sodium	725 cal; 1096mg sodium	718 cal; 959mg sodium	
13 Italian Pork Sausage with Cacciatore Sauce(656)* Polenta(14) Mixed Veg(9) Wheat Bread(135) Mixed Fruit in tray(10)	14 Chicken with Mushroom Cream Sauce(439) with Pumpkin Ravioli(120) California Veg(17) Wheat Roll(135) Fresh Banana(1) Tomato Basil Soup(232) for cong dining only	15 Omelet with Provolone Cheese(370) Potato Wedges(20) Zucchini/Red Pepper(3) Blueberry Muffin(200) Yogurt(50)	16 Salmon with Mango-Pineapple Salsa(68) Brown Rice & Quinoa(86) Veg Medley(12) Wheat Bread(135) Banana Cake(260) MOD:Lorna Doones(147)	17 Beef Chili(319) Peas(58) Cornbread mini-loaf(180) Pears in tray(5)
845 cal; 979mg sodium	737 cal; 867mg sodium	802 cal; 798mg sodium	795 cal; 716mg sodium	697 cal; 717mg sodium
20 Thai Curry Chicken(397) Brown Rice Pilaf(83) Edamame & Corn(3) Hawaiian Dinner Roll(80) Pineapple in tray(1)	21 Roast Turkey w/ Gravy & garnished with stuffing & cranberry sauce(634)* Mashed Potato/Gravy(168) Broccoli(9) Wheat Roll(135) Peaches in tray(5)	22 Lasagna with Beef Bolognese & Parm garnish(488) Kale/Braised Beans(195) Wheat Bread(135) Pears in tray(5)	23 SITES CLOSED 24 SITES CLOSED 	
760 cal; 719mg sodium	722 cal; 1106mg sodium	694 cal; 978mg sodium		
27 Shepherd's Pie(282) Carrots(43) Wheat Roll(135) Yogurt(50)	28 Potato Pollock(330) Baked Beans(140) Broccoli/Red Pepper(6) Wheat Bread(135) Iced Choc. Cake(182) MOD:SF Pudding(115) Tartar Sauce pkt(85)	29 Tuscan Chicken with Pasta(498) Tuscan Veg(35) Cornbread mini-loaf(180) Fresh Orange(0)	30 Beef Stroganoff with Egg Noodles(179) Beets & Greens(81) Wheat Roll(135) Fresh Banana(1)	
704 cal; 665mg sodium	888 cal; 1033mg sodium	773 cal; 868mg sodium	769 cal; 551mg 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.