

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 2023

Reservations & Cancellations must be made three 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
<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 Veggie Burger(665)* Cheesy Grits(190) Collard Greens(43) Hawaiian Sweet Bun(120) Fresh Grapes(2)</p>	<p>2 Vegetarian Meatloaf with Veg Gravy(512)* Tater Tots(230) Mashed Butternut Sq.(0) Wheat Roll(135) Yogurt(50)</p>	<p>3 Spaghetti & Vegetarian Meatballs w/Marinara & Parm garnish(572)* Broccoli(9) Cornbread mini-loaf(180) Mixed Fruit in tray(10)</p>
		763 cal; 1175mg sodium	729 cal; 1082mg sodium	687 cal; 926mg sodium
<p>6 Chickpea "Pot Pie"(172) Brussels Sprouts(12) Biscuit(310) Peaches in tray(5)</p>	<p>7 Braised Black Beans with Veggies(165) Scalloped Potato(221) Green Beans(2) Cornbread mini-loaf(180) Yogurt(50)</p>	<p>8 Roast Tofu with Tomato-Caper Cream Sauce with Orzo(341)* Kale & Corn(15) Wheat Roll(135) Cake(240)</p>	<p>9 HIGH SODIUM MEAL 3 Veggie Fritters(555)* with Aioli(164) Sweet Potato Wedges(200) Peas(58) Wheat Bread(135) Pineapple in tray(1)</p>	<p>10 SITES CLOSED</p>
737 cal; 654mg sodium	771 cal; 773mg sodium	778 cal; 886mg sodium	892 cal; 1268mg sodium	
<p>13 Vegetarian Sausage with Cacciatore Sauce(582)* Polenta(14) Mixed Veg(9) Wheat Bread(135) Mixed Fruit in tray(10)</p>	<p>14 Chicken Alternative with Mushroom Cream Sauce(379) with Pumpkin Ravioli(120) California Veg(17) Wheat Roll(135) Fresh Banana(1)</p>	<p>15 Omelet with Provolone Cheese(370) Potato Wedges(20) Zucchini/Red Pepper(3) Blueberry Muffin(200) Yogurt(50)</p>	<p>16 Herb-Crusted Tofu with Mango-Pineapple Salsa(76) Br. Rice & Quinoa(86) Veg Medley(12) Wheat Bread(135) Banana Cake(260)</p>	<p>17 Meatless Chili(387) Peas(58) Cornbread mini-loaf(180) Pears in tray(5)</p>
720 cal; 905mg sodium	767 cal; 807mg sodium	802 cal; 798mg sodium	923 cal; 724mg sodium	677 cal; 785mg sodium
<p>20 Thai Curry Tofu(87) Brown Rice Pilaf(83) Edamame & Corn(3) Hawaiian Dinner Roll(80) Pineapple in tray(1)</p>	<p>21 Roast Tofu w/Veg Gravy & garnished with stuffing & cranberry sauce(132) Mashed Potato/Gravy(168) Broccoli(9) Wheat Roll(135) Peaches in tray(5)</p>	<p>22 Lasagna with Lentil Bolognese & Parm garnish(496) Kale/Braised Beans(195) Wheat Bread(135) Pears in tray(5)</p>	<p>23 SITES CLOSED</p>	<p>24 SITES CLOSED</p>
762 cal; 409mg sodium	695 cal; 604mg sodium	647 cal; 986mg sodium		
<p>27 Shepherd's Pie(525)* with soy crumbles Carrots(43) Wheat Roll(135) Yogurt(50)</p>	<p>28 2 Corn Fritters(375) Baked Beans(140) Broccoli/Red Pepper(6) Wheat Bread(135) Iced Choc. Cake(182) Tartar Sauce pkt(85)</p>	<p>29 Tuscan Tofu with Pasta(188) Tuscan Veg(35) Cornbread mini-loaf(180) Fresh Orange(0)</p>	<p>30 Vegetarian Meatball Stroganoff with Egg Noodles(488) Beets & Greens(81) Wheat Roll(135) Fresh Banana(1)</p>	
600 cal; 908mg sodium	876 cal; 1078mg sodium	776 cal; 558mg sodium	775 cal; 860mg 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.