

# ELDER NUTRITION PROGRAM

**Barnstable County APRIL 2024**

**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
<b>1</b> Tofu with Honey-Garlic Glaze(104) Butternut Squash(0) Green Beans(2) Wheat Roll(135) Pudding(135)	<b>2</b> Vegetarian Sausage with Balsamic Plum Tomato Sauce(627)* Creamy Polenta(14) Spinach(110) Wheat Bread(135) Fresh Banana(1)	<b>3</b> Beans with Tomato Cream Sauce(356) Brown Rice & Quinoa Pilaf(86) Broccoli(9) Wheat Roll(135) Chocolate Cake(182)	<b>4</b> Vegetarian Meatloaf with Veg Gravy(550)* Mashed Potato with Veg Gravy(161) Carrots(43) Wheat Bread(135) Fresh Apple(1)	<b>5</b> Vegetarian Carbonara with Fettuccini(527)* Kale, Corn, & Red Pepper(16) Garlic Toast(350) Pears in tray(5)
<b>668 cal; 531mg sodium</b>	<b>754 cal; 1042mg sodium</b>	<b>878 cal; 923mg sodium</b>	<b>679 cal; 1045mg sodium</b>	<b>759 cal; 1053mg sodium</b>
<b>8</b> Swedish Veg Meatballs with Egg Noodles(467) Beets & Collards(81) Wheat Roll(135) Strawberries in tray(2)	<b>9</b> Vegetarian "Steak" & Cheese(438) Baked Beans(140) Zucchini & Red Peppers(3) LS Hot Dog Bun(140) Fresh Grapes(2)	<b>10</b> Lentil Stew with potato, peas, & carrots(140) Brussels Sprouts(12) Biscuit(310) Pudding(135)	<b>11 COLD PLATE</b> 2 slices Swiss Cheese w/ Crisp Apple Slices(81) Potato Salad(187) Tomato-Corn Salad(11) Hawaiian Burger Bun(120) Lorna Doones(147)	<b>12</b> Vegetarian American Chop Suey with parm garnish(621)* Broccoli(9) Cornbread(180) Apple Slices in tray(10)
<b>645 cal; 840mg sodium</b>	<b>756 cal; 878mg sodium</b>	<b>761 cal; 752mg sodium</b>	<b>951 cal; 701mg sodium</b>	<b>657 cal; 975mg sodium</b>
<b>15 SITES CLOSED</b> 	<b>16</b> Vegetarian Meatball Stroganoff(463) Mashed Sweet Potato(35) Green Beans(2) Wheat Roll(135) Pound Cake(240)	<b>17</b> Tofu Bruschetta with Orzo(220) Tuscan Veg(35) Garlic Toast(350) Fresh Banana(1)	<b>18</b> Omelet with Mozzarella(472) Home Fries with Onions & Peppers(54) Zucchini & Tomato(178) Blueberry Muffin(180) 2 Fresh Clementines(1)	<b>19</b> Stuffed Shells with Lentil Bolognese & parm garnish(558)* Kale & Braised Beans(195) Wheat Bread(135) Mango in tray(0)
<b>PATRIOT'S DAY</b>	<b>747 cal; 1030mg sodium</b>	<b>809 cal; 1071mg sodium</b>	<b>719 cal; 1040mg sodium</b>	<b>657 cal; 1043mg sodium</b>
<b>22</b> Braised Beans with Veggies(165) Baked Potato(6) Broccoli(9) Wheat Roll(135) Banana Cake(260) Sour Cream pkt(9)	<b>23</b> Rosemary Garlic Chicken Alternative(328) Mashed Potato(134) Veg Medley(12) Wheat Bread(135) Fresh Banana(1)	<b>24 COLD PLATE</b> Egg Salad(239) Artichoke Couscous Salad(167) Cole Slaw(70) Hawaiian Burger Bun(120) Fresh Grapes(2)	<b>25</b> 5 Kelp Meatballs(440) Cheesy Grits(190) California Veg(17) Wheat Roll(135) Yogurt(50) Tartar Sauce pkt(85)	<b>26</b> Vegetarian Unstuffed Pepper Bowl with rice & cheddar(421) Spinach(110) Cornbread(180) Apple Slices in tray(10)
<b>823 cal; 739mg sodium</b>	<b>704 cal; 765mg sodium</b>	<b>844 cal; 753mg sodium</b>	<b>790 cal; 1072mg sodium</b>	<b>762 cal; 876mg sodium</b>
<b>29</b> Tofu with Peach Sauce(41) Brown Rice & Beans(60) Green Beans & Red Pepper(3) Wheat Bread(135) Yogurt(50)	<b>30</b> Lentils with Gravy(167) Roast Potato(120) Butternut Squash(0) Wheat Roll(135) Dried Cranberries(2) in Single-Serving Box	<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>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35  *indicates item w/ more than 500mg sodium.	 <b>APRIL</b>
<b>696 cal; 444mg sodium</b>	<b>673 cal; 579mg 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.