

ELDER NUTRITION PROGRAM

Barnstable County MAY 2024

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
<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>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>	<p>1 Cheese Lasagna with Beef Bolognese & parm garnish(488) Kale(22) Wheat Bread(135) Lorna Doones(147) <i>for both reg & MOD</i></p>	<p>2 Chicken Anna Maria(392) Polenta(14) Veg Medley(12) Wheat Roll(135) Fresh Banana(1)</p>	<p>3 Salmon Piccata over Orzo(199) Broccoli(9) Cornbread mini loaf(180) Mango in tray(0)</p>
		718 cal; 947mg sodium	704 cal; 709mg sodium	745 cal; 543mg sodium
<p>6 BBQ Pulled Pork(572)* Cheesy Grits(190) California Veg(17) Wheat Bread(135) Yogurt(50)</p>	<p>7 Beef Teriyaki(580)* Veggie Brown Rice Pilaf(22) Broccoli/Red Pepper(6) Hawaiian Dinner Roll(80) 2 Fresh Clementines(1)</p>	<p>8 Chicken Marsala(354) Mashed Sweet Potato(35) Zucchini(2) Wheat Roll(135) Banana Cake(260) MOD:Lorna Doones(147)</p>	<p>9 COLD PLATE Tuna Salad(393) Cole Slaw(70) Beet Salad(86) LS Hamburger Bun(120) Raisins(4) in single-serving box Chicken Noodle Soup(166) for cong dining only</p>	<p>10 Spaghetti & Meatballs with Marinara & parm garnish(539)* Kale & Corn(15) Wheat Bread(135) Peaches in tray(5)</p>
703 cal; 1119mg sodium	651 cal; 844mg sodium	807 cal; 941mg sodium	731 cal; 828mg sodium	685 cal; 849mg sodium
<p>13 Beef Fajita Bowl(329) Brown Rice & Quinoa Pilaf(86) Carrots(43) Wheat Roll(135) Pudding(135)</p>	<p>14 Chicken with Lemon-Herb Sauce(276) Potato Au Gratin(335) Brussels Sprouts(12) Wheat Bread(135) Fresh Banana(1)</p>	<p>15 Omelet with Swiss Cheese(323) Roasted Potato(120) Spinach with Red Pepper(57) Muffin(190) 2 Clementines(1)</p>	<p>16 Cheese Ravioli with Turkey Bolognese & parm garnish(491) Tuscan Veg(35) Wheat Roll(135) Chocolate Cake(182) MOD:Lorna Doones(147)</p>	<p>17 Meatloaf with Gravy(258) Mashed Sweet Potato(35) Mixed Veg(30) Wheat Bread(135) Apple Slices in tray(10)</p>
704 cal; 883mg sodium	729 cal; 914mg sodium	793 cal; 846mg sodium	821 cal; 998mg sodium	691 cal; 623mg sodium
<p>20 Chicken Pot Pie(122) Collard Greens(43) Biscuit(310) Strawberries in tray(2)</p>	<p>21 Braised Beef with Veggies(70) Mashed Potato(134) Green Beans(2) Wheat Bread(135) Pound Cake(240) MOD:Lorna Doones(147)</p>	<p>22 COLD PLATE HIGH SODIUM MEAL Greek Pasta Salad with Chicken Strips(699)* Broccoli Salad with Golden Italian Dress.(95) Wheat Roll(135) Pudding(135) Tomato Basil Soup(232) for cong dining only</p>	<p>23 Shrimp Abruzzi over Angel Hair Pasta(497) Mixed Veg(30) Garlic Toast(350) Fresh Banana(1)</p>	<p>24 Beef Chili(319) Peas(58) Cornbread mini loaf(180) Pineapple in tray(1)</p>
761 cal; 632mg sodium	730 cal; 736mg sodium	737 cal; 1219mg sodium	691 cal; 1033mg sodium	690 cal; 713mg sodium
<p>27 SITES CLOSED</p> <p>MEMORIAL DAY</p>	<p>28 Cheddar Burger(247) Tater Tots(230) Broccoli(9) Hawaiian Sweet Hamburger Bun(120) Yogurt(50) Ketchup pkt(82)</p>	<p>29 Roast Turkey with Gravy(563)* Butternut Squash(0) Corn(4) Wheat Bread(135) Dried Cranberries(2) in single-serving box</p>	<p>30 Beef Stroganoff(175) Baked Potato(6) Kale(22) Wheat Roll(135) Fresh Grapes(2) Sour Cream(9)</p>	<p>31 Chicken Cacciatore over Penne(324) Peas & Carrots(51) Garlic Toast(350) Apple Slices in tray(10)</p>
	931 cal; 893mg sodium	677 cal; 859mg sodium	755 cal; 465mg sodium	798 cal; 890mg 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.