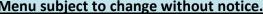
ELDER NUTRITION PROGRAM

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
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.	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.	Cheese Lasagna with Lentil Bolognese & parm garnish(496) Kale(22) Wheat Bread(135) Lorna Doones(147)	White Beans with Anna Maria Sauce(320) Polenta(14) Veg Medley(12) Wheat Roll(135) Fresh Banana(1)	Tofu Piccata over Orzo(142) Broccoli(9) Cornbread mini loaf(180) Mango in tray(0)
	3	671 cals: 955mg sodium	713 cals; 637mg sodium	752 cals: 486mg sodium
6 HIGH SODIUM MEAL	7	8	9 COLD PLATE	10
Veg. Sausage Patties with BBQ Sauce(765)* Cheesy Grits(190) California Veg(17) Wheat Bread(135) Yogurt(50)	Tofu Teriyaki(525)* Veggie Brown Rice Pilaf(22) Broccoli/Red Pepper(6) Hawaiian Dinner Roll(80) 2 Fresh Clementines(1)	Chicken Alternative with Marsala Sauce(402) Mashed Sweet Potato(35) Zucchini(2) Wheat Roll(135) Banana Cake(260)	Egg Salad with lettuce & sliced tomato(240) Cole Slaw(70) Beet Salad(86) LS Hamburger Bun(120) Raisins(4) in single-serving box	Spaghetti & Meatballs with Marinara & parm garnish(572)* Kale & Corn(15) Wheat Bread(135) Peaches in tray(5)
703 cals; 1312mg sodiun	633 cals; 789mg sodium	869 cals; 989mg sodium	787 cals; 675mg sodium	608 cals; 882mg sodium
Veg. Fajita Bowl(623)* Brown Rice & Quinoa Pilaf(86) Carrots(43) Wheat Roll(135) Pudding(135)	Tofu with Lemon- Herb Sauce(74) Potato Au Gratin(335) Brussels Sprouts(12) Wheat Bread(135) Fresh Banana(1)	Omelet with Swiss Cheese(323) Roasted Potato(120) Spinach with Red Pepper(57) Muffin(190) 2 Clementines(1)	Cheese Ravioli with Lentil Bolognese & parm garnish(506)* Tuscan Veg(35) Wheat Roll(135) Chocolate Cake(182)	Veg. Meatloaf with Veg. Gravy(550)* Mashed Sweet Potato(35) Mixed Veg(30) Wheat Bread(135) Apple Slices in tray(10)
706 cals; 1177mg sodiun	756 cals; 712mg sodium	793 cals; 846mg sodium	802 cals; 1013mg sodiun	649 cals; 915mg sodium
20 Tofu Pot Pie(42) Collard Greens(43) Biscuit(310) Strawberries in tray(2)	Braised Beans with Veggies(165) Mashed Potato(134) Green Beans(2) Wheat Bread(135) Pound Cake(240)	22 COLD PLATE Greek Pasta Salad with Chickpeas(429) Broccoli Salad with Golden Italian Dress.(95) Wheat Roll(135) Pudding(135)	23 5 Kelp Meatballs with Abruzzi Sauce over Angel Hair Pasta(584)* Mixed Veg(30) Garlic Toast(350) Fresh Banana(1)	Meatless Chili with Cheddar(480) Peas(58) Cornbread mini loaf(180) Pineapple in tray(1)
738 cals; 552mg sodium	691 cals; 831mg sodium		881 cals; 1120mg sodiun	728 cals; 874mg sodium
27 SITES CLOSED	28 HIGH SODIUM MEAL Veggie Burger with Cheddar(587)* Tater Tots(230) Broccoli(9) Hawaiian Sweet Hamburger Bun(120) Yogurt(50) Ketchup pkt(82)	29 Roast Tofu with Veg. Gravy(61) Butternut Squash(0) Corn(4) Wheat Bread(135) Dried Cranberries(2) in single-serving box	30 Veg. Meatball Stroganoff(484) Baked Potato(6) Kale(22) Wheat Roll(135) Fresh Grapes(2) Sour Cream(9)	Veg. Carbonara with Penne(527)* Peas & Carrots(51) Garlic Toast(350) Apple Slices in tray(10)
MEMORIAL DAY	849 cals; 1233mg sodiun	650 cals; 357mg sodium	766 cals; 813mg sodium	753 cals; 1093mg sodium
NUTRITION INFO: Tota	al calories (cals) & sodiu	ım are for the FNTIRF i	meal, including margar	ine & milk.

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.