

# ELDER NUTRITION PROGRAM

**Barnstable County MAY 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
<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>	<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 Cheese Lasagna with Lentil Bolognese & parm garnish(496) Kale(22) Wheat Bread(135) Lorna Doones(147)	2 White Beans with Anna Maria Sauce(320) Polenta(14) Veg Medley(12) Wheat Roll(135) Fresh Banana(1)	3 Tofu Piccata over Orzo(142) Broccoli(9) Cornbread mini loaf(180) Mango in tray(0)
		<b>671 cal; 955mg sodium</b>	<b>713 cal; 637mg sodium</b>	<b>752 cal; 486mg sodium</b>
<b>6 HIGH SODIUM MEAL</b> Veg. Sausage Patties with BBQ Sauce(765)* Cheesy Grits(190) California Veg(17) Wheat Bread(135) Yogurt(50)	7 Tofu Teriyaki(525)* Veggie Brown Rice Pilaf(22) Broccoli/Red Pepper(6) Hawaiian Dinner Roll(80) 2 Fresh Clementines(1)	8 Chicken Alternative with Marsala Sauce(402) Mashed Sweet Potato(35) Zucchini(2) Wheat Roll(135) Banana Cake(260)	<b>9 COLD PLATE</b> Egg Salad with lettuce & sliced tomato(240) Cole Slaw(70) Beet Salad(86) LS Hamburger Bun(120) Raisins(4) in single-serving box	10 Spaghetti & Meatballs with Marinara & parm garnish(572)* Kale & Corn(15) Wheat Bread(135) Peaches in tray(5)
<b>703 cal; 1312mg sodium</b>	<b>633 cal; 789mg sodium</b>	<b>869 cal; 989mg sodium</b>	<b>787 cal; 675mg sodium</b>	<b>608 cal; 882mg sodium</b>
13 Veg. Fajita Bowl(623)* Brown Rice & Quinoa Pilaf(86) Carrots(43) Wheat Roll(135) Pudding(135)	14 Tofu with Lemon-Herb Sauce(74) Potato Au Gratin(335) Brussels Sprouts(12) Wheat Bread(135) Fresh Banana(1)	15 Omelet with Swiss Cheese(323) Roasted Potato(120) Spinach with Red Pepper(57) Muffin(190) 2 Clementines(1)	16 Cheese Ravioli with Lentil Bolognese & parm garnish(506)* Tuscan Veg(35) Wheat Roll(135) Chocolate Cake(182)	17 Veg. Meatloaf with Veg. Gravy(550)* Mashed Sweet Potato(35) Mixed Veg(30) Wheat Bread(135) Apple Slices in tray(10)
<b>706 cal; 1177mg sodium</b>	<b>756 cal; 712mg sodium</b>	<b>793 cal; 846mg sodium</b>	<b>802 cal; 1013mg sodium</b>	<b>649 cal; 915mg sodium</b>
20 Tofu Pot Pie(42) Collard Greens(43) Biscuit(310) Strawberries in tray(2)	21 Braised Beans with Veggies(165) Mashed Potato(134) Green Beans(2) Wheat Bread(135) Pound Cake(240)	<b>22 COLD PLATE</b> 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)	24 Meatless Chili with Cheddar(480) Peas(58) Cornbread mini loaf(180) Pineapple in tray(1)
<b>738 cal; 552mg sodium</b>	<b>691 cal; 831mg sodium</b>	<b>732 cal; 949mg sodium</b>	<b>881 cal; 1120mg sodium</b>	<b>728 cal; 874mg sodium</b>
<b>27 SITES CLOSED</b> 	<b>28 HIGH SODIUM MEAL</b> 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)	31 Veg. Carbonara with Penne(527)* Peas & Carrots(51) Garlic Toast(350) Apple Slices in tray(10)
<b>MEMORIAL DAY</b>	<b>849 cal; 1233mg sodium</b>	<b>650 cal; 357mg sodium</b>	<b>766 cal; 813mg sodium</b>	<b>753 cal; 1093mg 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.