

ELDER NUTRITION PROGRAM

Barnstable County JULY 2024

Reservations & Cancellations must be made three business days in advance.



Elder Services

of Cape Cod and the Islands



Menu subject to change without notice.

Main Office in S. Dennis: 508-394-4630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Teriyaki(580)* Brown Rice Veg Pilaf(23) Broccoli(9) Wheat Bread(135) Iced Choc. Cake(182) MOD:Lorna Doones(147)	2 Hot Dog(540)* Corn & Red Peppers(4) Zucchini & Summer Squash(3) LS Hot Dog Bun(140) Fresh Grapes(2) Ketchup pkt(82)	3 BBQ Chicken Drumsticks(386) Cheesy Grits(190) Beets & Collards(81) Wheat Roll(135) Fresh Banana(1)	4 SITES CLOSED 	5 Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Peas & Carrots(51) Wheat Bread(135) Pears(5) in tray
818 cal; 1084mg sodium	728 cal; 926mg sodium	757 cal; 948mg sodium		724 cal; 767mg sodium
8 Chicken Breast Bruschetta with Orzo(422) Tuscan Veg(35) Garlic Toast(350) Yogurt(50)	9 Beef Stroganoff(170) Mashed Sweet Potato(35) Brussels Sprouts(12) Wheat Roll(135) 2 Fresh Clementines(1)	10 Stuffed Shells with Beef Bolognese & parm garnish(559)* Veg Medley(12) Wheat Bread(135) Pound Cake(240) MOD:Lorna Doones(147)	11 COLD PLATE Egg Salad w/lettuce(240) Three-Bean Salad(370) Broccoli Salad(95) 1/2 Pita Bread(215) Fresh Pear(1) LS Split Pea Soup(68) for cong dining only	12 Cajun Shrimp(516)* Brown Rice & Beans(60) Green Beans & Red Peppers(3) Cornbread mini-loaf(180) Strawberries(2) in tray
794 cal; 1012mg sodium	743 cal; 508mg sodium	732 cal; 1101mg sodium	774 cal; 1076mg sodium	778 cal; 916mg sodium
15 Broccoli & Cheese Stuffed Chicken(410) Butternut Squash(0) Veg Medley(12) Wheat Roll(135) Raisins(4) in single-serving bag	16 Potato Pollock(330) Kale/Braised Beans(195) Peas & Carrots(51) Wheat Bread(135) Lorna Doones(147) <i>for both reg & MOD</i> Tartar Sauce pkt(85)	17 COLD PLATE Roast Beef with Provolone Cheese(320) Potato Salad(187) Tomato-Zuke Salad(6) LS Hamburger Bun(140) Fresh Grapes(2) Mayo pkt(55) Chicken Noodle Soup(166) for cong dining only	18 Omelet with Mozzarella Cheese(472) Home Fries with Peppers & Onions(54) Stewed Tomatoes(290) Muffin(120) Yogurt(50)	19 Chicken Strips Florentine with Bowtie Pasta(540)* California Veg(17) Cornbread mini-loaf(180) Apple Slices(10) in tray
687 cal; 716mg sodium	719 cal; 1098mg sodium	915 cal; 865mg sodium	731 cal; 1141mg sodium	693 cal; 902mg sodium
22 White Chili with Chicken, Chickpeas, Corn, & Sweet Potato(277) Peas(58) Wheat Bread(135) Pudding(135)	23 Lasagna with Beef Bolognese & parm garnish(499) Broccoli(9) Wheat Roll(135) Fig Newtons(210) MOD:Lorna Doones(147)	24 Lemon Rosemary Chicken Thigh(146) Baked Potato(6) Spinach(110) Wheat Bread(135) Fresh Apple(1) Sour Cream(9)	25 COLD PLATE Ham w/Swiss Ch.(607)* Artichoke Couscous Salad(168) Cole Slaw(70) Hawaiian Bun(120) Fresh Grapes(2) Mustard pkt(55) Curried Butternut Soup(70) for cong dining only	26 Beef Stew(169) Kale & Corn(15) Biscuit(310) Pineapple(1) in tray
688 cal; 760mg sodium	766 cal; 1008mg sodium	754 cal; 562mg sodium	731 cal; 1177mg sodium	751 cal; 650mg sodium
29 Chicken Breast Alfredo with Fettuccini(419) California Veg(17) Wheat Roll(135) Banana Cake(260) MOD:Lorna Doones(147)	30 Roast Turkey with Gravy(564)* Mashed Potato with Gravy(170) Green Beans & Red Peppers(3) Cornbread mini-loaf(180) Fresh Grapes(2)	31 COLD PLATE Tuna Salad w/lettuce(393) Chickpea Mediterranean Salad(148) Carrot Raisin Salad(212) Hawaiian Bun(120) 2 Fresh Clementines(1) Cream of Broccoli Soup(80) for cong dining only	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.	In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.
833 cal; 986mg sodium	745 cal; 1074mg sodium	815 cal; 1029mg 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.