

ELDER NUTRITION PROGRAM

Barnstable County JULY 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
1 Tofu Teriyaki(525)* Brown Rice Veg Pilaf(23) Broccoli(9) Wheat Bread(135) Iced Choc. Cake(182)	2 Philly "Fake Steak" & Cheese(417) Corn & Red Peppers(4) Zucchini & Summer Squash(3) LS Hot Dog Bun(140) Fresh Grapes(2) Ketchup pkt(82)	3 BBQ Chickpeas(406) Cheesy Grits(190) Beets & Collards(81) Wheat Roll(135) Fresh Banana(1)	4 SITES CLOSED 	5 Vegetarian Meatloaf with Veg. Gravy(551)* Mashed Potato with Veg. Gravy(162) Peas & Carrots(51) Wheat Bread(135) Pears(5) in tray
801 cal; 1029mg sodium	722 cal; 802mg sodium	669 cal; 968mg sodium		682 cal; 1059mg sodium
8 Tofu Bruschetta with Orzo(220) Tuscan Veg(35) Garlic Toast(350) Yogurt(50)	9 Vegetarian Meatball Stroganoff(485) Mashed Sweet Potato(35) Brussels Sprouts(12) Wheat Roll(135) 2 Fresh Clementines(1)	10 Stuffed Shells with Marinara & parm garnish(582)* Veg Medley(12) Wheat Bread(135) Pound Cake(240)	11 COLD PLATE Egg Salad with lettuce & sliced tomato(240) Three-Bean Salad(370) Broccoli Salad(95) 1/2 Pita Bread(215) Fresh Pear(1)	12 Cajun Veggie Chik'n Nuggets(464) Brown Rice & Beans(60) Green Beans & Red Peppers(3) Cornbread mini-loaf(180) Strawberries(2) in tray
821 cal; 810mg sodium	753 cal; 823mg sodium	667 cal; 1124mg sodium	774 cal; 1076mg sodium	898 cal; 864mg sodium
15 Veg. Sausage Patties with Veg. Gravy(541)* Butternut Squash(0) Veg Medley(12) Wheat Roll(135) Raisins(4) in single-serving bag	16 HIGH SODIUM MEAL 5 Kelp Meatballs(440) Kale/Braised Beans(195) Peas & Carrots(51) Wheat Bread(135) Lorna Doones(147) Tartar Sauce pkt(85)	17 COLD PLATE 2 slices Provolone with Cucumber Slices(177) Potato Salad(187) Tomato-Zuke Salad(6) LS Hamburger Bun(140) Fresh Grapes(2) Mayo pkt(55)	18 Omelet with Mozzarella Cheese(472) Home Fries with Peppers & Onions(54) Stewed Tomatoes(290) Muffin(120) Yogurt(50)	19 Tofu Florentine with Bowtie Pasta(140) California Veg(17) Cornbread mini-loaf(180) Apple Slices(10) in tray
636 cal; 847mg sodium	779 cal; 1208mg sodium	942 cal; 722mg sodium	731 cal; 1141mg sodium	706 cal; 502mg sodium
22 White Chili w/Chickpeas, Corn, Sweet Potato, & Cheddar(407) Peas(58) Wheat Bread(135) Pudding(135)	23 Lasagna with Marinara & parm garnish(522)* Broccoli(9) Wheat Roll(135) Fig Newtons(210)	24 Lemon Rosemary Veggie Chik'n Nuggets(416) Baked Potato(6) Spinach(110) Wheat Bread(135) Fresh Apple(1) Sour Cream(9)	25 COLD PLATE 2 slices Swiss Cheese w/ Crispy Apple Slices(81) Artichoke Couscous Salad(168) Cole Slaw(70) Hawaiian Bun(120) Fresh Grapes(2) Mustard pkt(55)	26 Lentil Stew with potato, peas, & carrots(141) Kale & Corn(15) Biscuit(310) Pineapple(1) in tray
677 cal; 890mg sodium	700 cal; 1031mg sodium	821 cal; 832mg sodium	821 cal; 651mg sodium	724 cal; 622mg sodium
29 Vegetarian Carbonara with Fettuccini(528)* California Veg(17) Wheat Roll(135) Lorna Doones(147)	30 Roast Tofu w/Gravy(62) Mashed Potato with Veg. Gravy(170) Green Beans & Red Peppers(3) Cornbread mini-loaf(180) Fresh Grapes(2)	31 COLD PLATE Egg Salad with lettuce & sliced tomato(240) Chickpea Mediterranean Salad(148) Carrot Raisin Salad(212) Hawaiian Bun(120) 2 Fresh Clementines(1)	Thank you for your <u>voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u> *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.
680 cal; 982mg sodium	717 cal; 572mg sodium	871 cal; 876mg 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.