

ELDER NUTRITION PROGRAM

Barnstable County AUGUST 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 omit condiments and/or save items such as bread, milk, or dessert & 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 Braised Tofu w/ Veg(48) Baked Potato(6) Zucchini & Summer Squash(3) Wheat Bread(135) Pudding(135) Sour Cream pkt(9)	2 Spaghetti & Veg Meatballs with Marinara Sauce & parm garnish(382) Brussels Sprouts(12) Garlic Bread(350) Peaches(5) in tray
			700 cal; 490mg sodium	730 cal; 1095mg sodium
5 Veg Fajita Bowl(628)* Brown Rice & Beans(60) Mixed Veg(9) Wheat Bread(135) Dried Cranberries(2) in single-serving bag	6 Tofu with Mushroom Cream Sauce(129) Mash. Sweet Potato(35) Zucchini(2) Wheat Roll(135) Pound Cake(240)	7 BBQ "Kickin' Patty"(626)* Cheesy Grits(190) Broccoli(9) Hawaiian Bun(120) Fresh Grapes(2)	8 COLD PLATE Chef Salad with spinach, hard-boiled egg, & cheddar(241) Potato Salad(187) Cornbread(180) Fresh Peach(0) Salad Dressing pkt(210)	9 Ravioli with Sage Cream Sauce(448) California Veg(17) Wheat Bread(135) Apple Slices(10) in tray
707 cal; 989mg sodium	822 cal; 696mg sodium	823 cal; 1101mg sodium	879 cal; 973mg sodium	726 cal; 765mg sodium
12 Veg Sausage Patties with Abruzzi Sauce(642)* Roasted Rosemary Potato(121) Tuscan Veg(35) Wheat Roll(135) Raisins(4) in single-serving bag	13 Tofu & Broccoli Stir-fry(139) Veg Brown Rice Pilaf(23) Wheat Bread(135) Banana Cake(260)	14 COLD PLATE Swiss Cheese with Crispy Apple Slices(81) Artichoke Couscous Salad(168) Cole Slaw(70) Hawaiian Bun(120) 2 Clementines(1) Mayo pkt(55)	15 Veg Meatloaf with Veg Gravy(551)* Mashed Potato with Veg Gravy(551)* Veg Medley(12) Wheat Bread(135) Yogurt(50)	16 Tofu Piccata over Bowtie Pasta(143) Beets & Greens(81) Cornbread(180) Mango(0) in tray
754 cal; 1092mg sodium	748 cal; 711mg sodium	904 cal; 650mg sodium	704 cal; 1065mg sodium	765 cal; 559mg sodium
19 Omelet with Monterey Jack Cheese(411) Tater Tots(230) Broccoli(9) Muffin(120) Yogurt(50)	20 Veg Chik'n Marsala(443) Roast Sweet Potato(36) Green Beans(2) Wheat Bread(135) Fresh Banana(1)	21 Veg Shepherd's Pie with Mashed Potato & Veg Gravy(576)* Carrots(43) Wheat Roll(135) Fig Newton(210)	22 COLD PLATE Macaroni Salad with hard-boiled egg, cheddar, & Craisins(367) Tomato-Zuke Salad(7) Garlic Bread(350) Fresh Peach(0)	23 Veg Meatball Stroganoff over Egg Noodles(485) Kale & Corn(15) Wheat Bread(135) Pears(5) in tray
817 cal; 975mg sodium	775 cal; 772mg sodium	772 cal; 1118mg sodium	982 cal; 880mg sodium	772 cal; 799mg sodium
26 Roast Tofu with Veg Gravy(62) Baked Potato(6) California Veg(17) Wheat Bread(135) Lorna Doones(147) Sour Cream pkt(9)	27 Stuffed Shells with Lentil Bolognese & parm garnish(567)* Veg Medley(12) Wheat Roll(135) Pudding(135)	28 COLD PLATE Mediterranean Quinoa Salad with Beans(302) Mexican Corn Salad(67) 4 Mini Pita Rounds(215) Fresh Peach(0)	29 5 Kelp Meatballs(440) Butternut Squash(0) Green Beans with Red Peppers(3) Cornbread(180) Fresh Grapes(2) Tartar Sauce pkt(85)	30 Veg Carbonara with Pasta(528)* Kale & Braised Beans(195) Biscuit(310) Apple Slices(10) in tray
699 cal; 530mg sodium	635 cal; 1004mg sodium	696 cal; 758mg sodium	793 cal; 864mg sodium	777 cal; 1197mg 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.