

ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 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
<p>2 SITES CLOSED</p>  <p>HAPPY LABOR DAY</p>	<p>3 Cheddar Burger(360) Kale & Braised Beans(195) Zucchini(2) LS Hamburger Bun(140) Applesauce Cup(15) Ketchup pkt(82)</p>	<p>4 Chicken Piccata(221) Mashed Sweet Potato(35) Green Beans(2) Wheat Roll(135) Chocolate Cake(182) MOD:Lorna Doones(147)</p>	<p>5 COLD PLATE Tuna Salad (393) Pea Salad(192) Tomato-Cuke Salad(15) 1/2 Pita(215) Fresh Banana(1) Chicken Orzo Soup(147) for cong dining only</p>	<p>6 Thai Curry Beef(277) Brown Rice Pilaf(84) Edamame & Corn(3) Wheat Bread(135) Pineapple(1) in tray</p>
	752 cal; 949mg sodium	897 cal; 730mg sodium	844 cal; 971mg sodium	769 cal; 655mg sodium
<p>9 BBQ Pulled Pork(573)* Cheesy Grits(190) Broccoli(9) Hawaiian Burger Bun(120) Applesauce Cup(15)</p>	<p>10 Tuscan Chicken(266) Orzo(2) Brussels Sprouts(12) Wheat Roll(135) Banana Cake(260) MOD:Lorna Doones(147)</p>	<p>11 COLD PLATE Egg Salad(240) Caprese Pasta Salad(123) Zucchini Salad(119) 1/2 Pita(215) Yogurt(50) Wild Rice & Veg Soup(130) for cong dining only</p>	<p>12 Beef Stew(169) Beets & Collard Greens(81) Biscuit(310) Fresh Pear(1)</p>	<p>13 Turkey Meatloaf with Gravy(253) Cheesy Mashed Potato(228) Peas & Carrots(51) Wheat Bread(135) Mixed Fruit(10) in tray</p>
740 cal; 1062mg sodium	893 cal; 830mg sodium	935 cal; 902mg sodium	766 cal; 716mg sodium	692 cal; 832mg sodium
<p>16 Harvest-Roasted Chicken Breast(333) Baked Potato(6) Kale & Corn(15) Wheat Roll(135) Pudding(135) Sour Cream pkt(9)</p>	<p>17 Beef Stroganoff with Egg Noodles(179) California Veg(17) Wheat Bread(135) Pound Cake(240) MOD:Lorna Doones(147)</p>	<p>18 Shrimp w/ Tomato-Caper Cream Sauce(656)* Brown Rice & Beans(60) Veg Medley(12) Wheat Roll(135) Fresh Banana(1)</p>	<p>19 COLD PLATE Chicken Salad(102) Three-Bean Salad(370) Carrot-Raisin Salad(212) Hawaiian Burger Bun(120) 2 Clementines(1) Cream of Broc. Soup(80) for cong dining only</p>	<p>20 Lasagna with Beef Bolognese & parm garnish(489) Broccoli(9) Garlic Bread(350) Apple Slices(10) in tray</p>
705 cal; 788mg sodium	837 cal; 726mg sodium	701 cal; 1019mg sodium	720 cal; 960mg sodium	766 cal; 1013mg sodium
<p>23 Braised Beef w/ Veg(70) Scalloped Potato(221) Green Beans(2) Wheat Bread(135) Fig Newtons(210) MOD:Lorna Doones(147)</p>	<p>24 Omelet w/Provolone(399) LS Potato Wedges(20) Spinach with Red Pepper(57) Muffin(120) Fresh Grapes(2)</p>	<p>25 COLD PLATE Ham w/ Swiss Ch.(607)* Cole Slaw(70) Broccoli Salad w/ Golden Italian Dressing(95) LS Hamburger Bun(140) Fresh Pear(1) Mustard pkt(55) Split pea soup(68) for cong dining only</p>	<p>26 Roast Turkey with Gravy(564)* Roasted Rosemary Potato(121) Butternut Squash(0) Wheat Bread(135) Yogurt(50)</p>	<p>27 Chicken Cacciatore with Pasta(523)* Mixed Veg(30) Garlic Bread(350) Mango(0) in tray</p>
801 cal; 793mg sodium	783 cal; 753mg sodium	679 cal; 1123mg sodium	796 cal; 1025mg sodium	802 cal; 1058mg sodium
<p>30 Unstuffed Pepper Bowl with ground beef, rice, & cheddar(183) Stewed Tomatoes(290) Wheat Roll(135) Applesauce Cup(15)</p>	<p><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></p>	<p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>		
754 cal; 778mg 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.