

ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 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
2 SITES CLOSED  HAPPY LABOR DAY	3 Veggie Burger with Cheddar(500)* Kale & Beans(195) Zucchini(2) LS Hamburger Bun(140) Applesauce Cup(15) Ketchup pkt(82)	4 Veg. Chik'n Piccata(432) Mashed Sweet Potato(35) Green Beans(2) Wheat Roll(135) Chocolate Cake(182)	5 COLD PLATE Hummus & Hard-Boiled Egg(235) Pea Salad(192) Tomato-Cuke Salad(15) 1/2 Pita(215) Fresh Banana(1)	6 Thai Curry Tofu(88) Brown Rice Pilaf(84) Edamame & Corn(3) Wheat Bread(135) Pineapple(1) in tray
	802 cals; 1089mg sodium	926 cals; 941mg sodium	851 cals; 813mg sodium	732 cals; 466mg sodium
9 Veg. Sloppy Joe(462) Cheesy Grits(190) Broccoli(9) Hawaiian Burger Bun(120) Applesauce Cup(15)	10 Tuscan Tofu(188) Orzo(2) Brussels Sprouts(12) Wheat Roll(135) Banana Cake(260)	11 COLD PLATE Egg Salad(240) Caprese Pasta Salad(123) Zucchini Salad(119) 1/2 Pita(215) Yogurt(50)	12 Lentil Stew with potato, peas, & carrots(141) Beets & Collard Greens(81) Biscuit(310) Fresh Pear(1)	13 Veg. Meatloaf with Veg. Gravy(551)* Cheesy Mashed Potato(228) Peas & Carrots(51) Wheat Bread(135) Mixed Fruit(10) in tray
694 cals; 951mg sodium	863 cals; 752mg sodium	935 cals; 902mg sodium	739 cals; 688mg sodium	712 cals; 1130mg sodium
16 Harvest-Roasted Tofu(23) Baked Potato(6) Kale & Corn(15) Wheat Roll(135) Pudding(135) Sour Cream pkt(9)	17 Veg. Meatball Stroganoff with Egg Noodles(489) California Veg(17) Wheat Bread(135) Pound Cake(240)	18 Veg. Chik'n with Tomato-Caper Cream Sauce(604)* Brown Rice & Beans(60) Veg Medley(12) Wheat Roll(135) Fresh Banana(1)	19 COLD PLATE Provolone Cheese & Sliced Cucumber(177) Three-Bean Salad(370) Carrot-Raisin Salad(212) Hawaiian Burger Bun(120) 2 Clementines(1)	20 Lasagna with Lentil Bolognese & parm garnish(497) Broccoli(9) Garlic Bread(350) Apple Slices(10) in tray
707 cals; 478mg sodium	843 cals; 1036mg sodium	822 cals; 967mg sodium	707 cals; 1035mg sodium	719 cals; 1021mg sodium
23 Braised Beans with Veggies(165) Scalloped Potato(221) Green Beans(2) Wheat Bread(135) Fig Newtons(210)	24 Omelet w/Provolone(399) LS Potato Wedges(20) Spinach with Red Pepper(57) Muffin(120) Fresh Grapes(2)	25 COLD PLATE Swiss Cheese with Crispy Apple Slices(81) Cole Slaw(70) Broccoli Salad w/ Golden Italian Dressing(95) LS Hamburger Bun(140) Fresh Pear(1) Mustard pkt(55)	26 Roast Tofu with Veg. Gravy(62) Roasted Rosemary Potato(121) Butternut Squash(0) Wheat Bread(135) Yogurt(50)	27 Veg. Carbonara with Pasta(527)* Mixed Veg(30) Garlic Bread(350) Mango(0) in tray
761 cals; 888mg sodium	783 cals; 753mg sodium	768 cals; 597mg sodium	768 cals; 523mg sodium	744 cals; 1062mg sodium
30 Veg. Unstuffed Pepper Bowl with rice & cheddar(412) Stewed Tomatoes(290) Wheat Roll(135) Applesauce Cup(15)	<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>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.		
679 cals; 1007mg 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.