

# ELDER NUTRITION PROGRAM

Barnstable County **OCTOBER 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><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 &amp; have them with another meal or snack.</i></p>	<p><b>1</b> Chicken with Peach Sauce(244) Scalloped Potatoes(221) California Veg(17) Wheat Bread(135) Chocolate Cake(182) MOD:Lorna Doones(147)</p>	<p><b>2</b> Salmon Teriyaki(590)* Brown Rice &amp; Beans(60) Veg Medley(12) Hawaiian Dinner Roll(80) Fresh Grapes(2)</p>	<p><b>3 COLD PLATE</b> Macaroni Salad w/ Diced Chicken &amp; Craisins(236) Tomato-Zuke Salad(7) Garlic Bread(350) Ambrosia Fruit Salad in tray with Pineapple &amp; Mango(0) <b>Tomato Basil Soup(232)-cong only</b></p>	<p><b>4</b> Shepherd's Pie with Mashed Potato &amp; Gravy(284) Beets &amp; Collards(81) Wheat Bread(135) Pears(5) in tray</p>
	<b>822 cals; 954mg sodium</b>	<b>685 cals; 899mg sodium</b>	<b>980 cals; 748mg sodium</b>	<b>684 cals; 660mg sodium</b>
<p><b>7</b> Swedish Meatballs with Egg Noodles(435) Spinach with Red Pepper(57) Wheat Bread(135) Apple Slices(10) in tray</p>	<p><b>8</b> Thai Curry Beef(143) Brown Rice Pilaf(84) Broccoli(9) Wheat Roll(135) Pound Cake(240) MOD:Lorna Doones(147)</p>	<p><b>9</b> Lemon-Herb Chicken(276) Potatoes Au Gratin(335) Peas &amp; Carrots(51) Wheat Bread(135) Fresh Banana(1) <b>Lentil Soup(75)-cong only</b></p>	<p><b>10</b> Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Green Beans with Red Pepper(3) Wheat Roll(135) Pudding(135)</p>	<p><b>11</b> Stuffed Shells with Turkey Bolognese &amp; parm garnish(552)* Veg Medley(12) Garlic Bread(350) Mixed Fruit(10) in tray</p>
<b>724 cals; 792mg sodium</b>	<b>797 cals; 766mg sodium</b>	<b>741 cals; 953mg sodium</b>	<b>746 cals; 849mg sodium</b>	<b>744 cals; 1079mg sodium</b>
<p><b>14 SITES CLOSED</b> </p>	<p><b>15</b> BBQ Pulled Pork(573)* Cheesy Grits(190) Zucchini with Red Pepper(3) Hawaiian Burger Bun(120) Applesauce Cup(15)</p>	<p><b>16</b> Omelet with Swiss Cheese(323) Roast Potato(120) Spinach(110) Muffin(120) 2 Clementines(1)</p>	<p><b>17</b> Mediterranean Chicken with Orzo(526)* Broccoli(9) Wheat Bread(135) Fig Newtons(210) MOD:Lorna Doones(147)</p>	<p><b>18</b> Beef Stew(169) Brussels Sprouts(12) Biscuit(310) Mixed Fruit(10) in tray</p>
	<b>732 cals; 1056mg sodium</b>	<b>795 cals; 829mg sodium</b>	<b>786 cals; 1035mg sodium</b>	<b>738 cals; 656mg sodium</b>
<p><b>21</b> Chicken Cordon Royale(550)* Mashed Potato(135) Mixed Veg(30) Wheat Bread(135) Yogurt(50)</p>	<p><b>22</b> Cheddar Burger(360) LS Potato Wedges(20) Broccoli(9) Hawaiian Burger Bun(120) Fresh Grapes(2) Ketchup pkt(82) <b>Italian Sausage &amp; Kale Soup(190)-cong only</b></p>	<p><b>23</b> Roast Turkey with Gravy(564)* Baked Potato(6) Mashed Butternut(0) Wheat Roll(135) Lorna Doones(147) <i>for both reg &amp; MOD</i> Sour Cream pkt(9)</p>	<p><b>24</b> Beef Stroganoff with Egg Noodles(179) Spinach(110) Wheat Bread(135) 2 Clementines(1)</p>	<p><b>25</b> Chicken with Balsamic Plum Tomato Sauce over Pasta(343) Veg Medley(12) Garlic Bread(350) Apple Slices(10) in tray</p>
<b>701 cals; 1055mg sodium</b>	<b>780 cals; 748mg sodium</b>	<b>783 cals; 1016mg sodium</b>	<b>761 cals; 580mg sodium</b>	<b>769 cals; 870mg sodium</b>
<p><b>28</b> Beef Fajita Bowl(394) Brown Rice &amp; Quinoa Pilaf(87) Carrots(43) Wheat Roll(135) Pudding(135)</p>	<p><b>29</b> Chicken "Pot Pie"(98) Spinach with Red Pepper(57) Biscuit(310) Fresh Banana(1)</p>	<p><b>30</b> Potato Pollock(330) Roast Sweet Potato(36) Green Beans(2) Wheat Bread(135) Applesauce Cup(15) Tartar Sauce pkt(85)</p>	<p><b>31 Happy Halloween!</b> Chicken Drumsticks with Stewed Tomato(335) Tortellini(225) Broccoli(9) Garlic Bread(350) Chocolate Chip Brownie(90) MOD: Chocolate Chip Cookie(70) <b>Wild Rice&amp;Turkey Soup(125)-cong only</b></p>	<p><b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b>  <i>*indicates item with more than 500mg sodium.</i></p>
<b>704 cals; 949mg sodium</b>	<b>799 cals; 621mg sodium</b>	<b>684 cals; 758mg sodium</b>	<b>991 cals; 1164mg sodium</b>	
<p><b>NUTRITION INFO:</b> Total calories (cals) &amp; sodium are for the ENTIRE meal, including margarine &amp; milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.</p>				