

ELDER NUTRITION PROGRAM

Barnstable County OCTOBER 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>	1 Veg. Chik'n with Peach Sauce(333) Scalloped Potatoes(221) California Veg(17) Wheat Bread(135) Chocolate Cake(182)	2 Tofu Teriyaki(525)* Brown Rice & Beans(60) Veg Medley(12) Hawaiian Dinner Roll(80) Fresh Grapes(2)	3 COLD PLATE Macaroni Salad w/HB egg, Cheddar, & Craisins(368) Tomato-Zuke Salad(7) Garlic Bread(350) Ambrosia Fruit Salad with Pineapple & Mango(0) in tray	4 Veg Shepherd's Pie with Mashed Potato & Gravy(284) Beets & Collards(81) Wheat Bread(135) Pears(5) in tray
	906 cal; 1043mg sodium	678 cal; 834mg sodium	1049 cal; 881mg sodium	642 cal; 951mg sodium
7 Swedish Kelp Meatballs with Egg Noodles(528)* Spinach with Red Pepper(57) Wheat Bread(135) Apple Slices(10) in tray	8 Thai Curry Tofu(88) Brown Rice Pilaf(84) Broccoli(9) Wheat Roll(135) Pound Cake(240)	9 Lemon-Herb Veg. Chik'n(365) Potatoes Au Gratin(335) Peas & Carrots(51) Wheat Bread(135) Fresh Banana(1)	10 Veg Meatloaf with Veg Gravy(551)* Mashed Potato with Veg Gravy(162) Green Beans with Red Pepper(3) Wheat Roll(135) Pudding(135)	11 Stuffed Shells with Lentil Bolognese & parm garnish(567)* Veg Medley(12) Garlic Bread(350) Mixed Fruit(10) in tray
747 cal; 884mg sodium	780 cal; 710mg sodium	825 cal; 1041mg sodium	704 cal; 1140mg sodium	725 cal; 1094mg sodium
14 SITES CLOSED 	15 Veg Sloppy Joe(462) Cheesy Grits(190) Zucchini with Red Pepper(3) Hawaiian Burger Bun(120) Applesauce Cup(15)	16 Omelet with Swiss Cheese(323) Roast Potato(120) Spinach(110) Muffin(120) 2 Clementines(1)	17 Mediterranean Tofu with Orzo(216) Broccoli(9) Wheat Bread(135) Fig Newtons(210)	18 Lentil Stew with potato, peas, & carrots(141) Brussels Sprouts(12) Biscuit(310) Mixed Fruit(10) in tray
	686 cal; 945mg sodium	795 cal; 829mg sodium	789 cal; 725mg sodium	711 cal; 628mg sodium
21 Roast Black Beans with Veg Gravy(140) Mashed Potato with Veg Gravy(162) Mixed Veg(30) Wheat Bread(135) Yogurt(50)	22 Veggie Burger with Cheddar(500)* Broccoli(9) Hawaiian Burger Bun(120) Fresh Grapes(2) Ketchup pkt(82)	23 Roast Tofu with Veg Gravy(62) Baked Potato(6) Mashed Butternut(0) Wheat Roll(135) Lorna Doones(147) Sour Cream pkt(9)	24 Veg Meatball Stroganoff with Egg Noodles(549)* Spinach(110) Wheat Bread(135) 2 Clementines(1)	25 Veg Carbonara with Pasta(530)* Veg Medley(12) Garlic Bread(350) Apple Slices(10) in tray
617 cal; 699mg sodium	810 cal; 887mg sodium	756 cal; 513mg sodium	867 cal; 950mg sodium	851 cal; 1057mg sodium
28 Veg Fajita Bowl(628)* Brown Rice & Quinoa Pilaf(87) Carrots(43) Wheat Roll(135) Pudding(135)	29 Chickpea "Pot Pie"(172) Spinach with Red Pepper(57) Biscuit(310) Fresh Banana(1)	30 Veg Sausage Patties with Gravy(552)* Roast Sweet Potato(36) Green Beans(2) Wheat Bread(135) Applesauce Cup(15)	31 Happy Halloween! Tofu with Stewed Tomatoes(300) Tortellini(225) Broccoli(9) Garlic Bread(350) Chocolate Chip Brownie(90)	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 <i>*indicates item with more than 500mg sodium.</i>
683 cal; 1183mg sodium	757 cal; 695mg sodium	683 cal; 979mg sodium	931 cal; 1129mg 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.