

ELDER NUTRITION PROGRAM

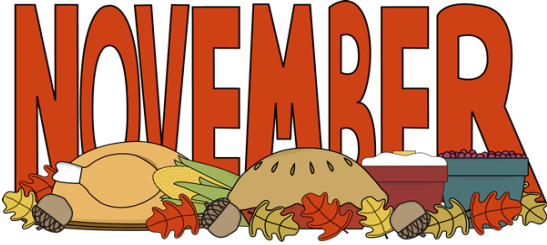


Barnstable County NOVEMBER 2024

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 save items such as bread, milk, or dessert & have them with another meal or snack.</i></p>	<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</p> <p><i>*indicates item with more than 500mg sodium</i></p>			<p>1 Lasagna with Beef Bolognese & parm garnish(489) Kale & Corn(15) Wheat Bread(135) Mixed Fruit in tray(10)</p> <p>665 cal; 804mg sodium</p>
<p>4 Chicken Alfredo with Fettuccini(419) California Veg(17) Wheat Roll(135) Pudding(135)</p> <p>693 cal; 861mg sodium</p>	<p>5 Diced Pork with Spiced Apple Slices(65) Roast Sweet Potato(36) Veg Medley(12) Wheat Bread(135) Pound Cake(240) MOD:Lorna Doones(147)</p> <p>725 cal; 643mg sodium</p>	<p>6 COLD PLATE Sliced Roast Beef & Provolone Cheese(349) Carrot-Raisin Salad(212) Tomato-Zuke Salad(7) Hawaiian Burger Bun(120) Fresh Banana(1) Mayo pkt(55) Ginger Garlic Noodle Soup(161) - cong only</p> <p>802 cal; 899mg sodium</p>	<p>7 Turkey Meatloaf with Gravy(253) Cheesy Mashed Potato(228) Spinach(110) Wheat Roll(135) Fresh Grapes(2)</p> <p>679 cal; 883mg sodium</p>	<p>8 Spaghetti & Meatballs with Marinara & parm garnish(541)* Broccoli(9) Garlic Bread(350) Pears in tray(5)</p> <p>803 cal; 1060mg sodium</p>
<p>11 SITES CLOSED</p> 	<p>12 Hot Dog(540)* Corn with Red Pepper(4) Green Beans(2) LS Hot Dog Bun(140) Applesauce Cup(15) Ketchup pkt(82)</p> <p>753 cal; 938mg sodium</p>	<p>13 Braised Beef w/ Veg(70) Baked Potato(6) Broccoli(9) Wheat Roll(135) Banana Cake(260) MOD:Lorna Doones(147) Sour Cream pkt(9)</p> <p>863 cal; 644mg sodium</p>	<p>14 Chicken Anna Maria(393) Butternut/Pumpkin Ravioli(110) Zucchini/Red Peppers(3) Wheat Bread(135) 2 Fresh Clementines(1) Italian Sausage & Kale Soup(190) - cong only</p> <p>660 cal; 797mg sodium</p>	<p>15 Cajun Shrimp(513)* Rice & Beans(60) Beets & Collards(81) Cornbread(180) Strawberries in tray(2)</p> <p>814 cal; 991mg sodium</p>
<p>18 Broccoli & Cheese Stuffed Chicken(410) Roast Sweet Potato(36) Peas(58) Wheat Bread(135) Applesauce Cup(15)</p> <p>717 cal; 809mg sodium</p>	<p>19 Beef Fajita Bowl(394) Brown Rice & Quinoa Pilaf(87) Carrots(43) Wheat Roll(135) Chocolate Cake(182) MOD:Lorna Doones(147)</p> <p>858 cal; 996mg sodium</p>	<p>20 American Chop Suey with parm garnish(291) Mixed Veg(30) Wheat Bread(135) Pudding(135) Cream of Broccoli Soup(80) - cong only</p> <p>696 cal; 746mg sodium</p>	<p>21 Omelet with Monterey Jack Cheese(411) Home Fries with Peppers & Onions(54) Spinach(110) Muffin(120) Fresh Banana(1)</p> <p>718 cal; 851mg sodium</p>	<p>22 Chicken Bruschetta with Orzo(422) Brussels Sprouts(12) Garlic Bread(350) Mixed Fruit in tray(10)</p> <p>775 cal; 949mg sodium</p>
<p>25 Beef Stroganoff with Egg Noodles(179) California Veg(17) Wheat Roll(135) Pineapple in tray(1)</p> <p>731 cal; 487mg sodium</p>	<p>26 Roast Turkey with Gravy & Cranberry Sauce garnish(569)* Mashed Potato with Gravy(170) Veg Medley(12) Wheat Bread(135) Apple Slices in tray(10)</p> <p>696 cal; 1051mg sodium</p>	<p>27 Chicken Cacciatore with Pasta(325) Broccoli(9) Cornbread(180) Mango in tray(0)</p> <p>750 cal; 669mg sodium</p>	<p>28 SITES CLOSED 29 SITES CLOSED</p> 	

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.