

Barnstable County NOVEMBER 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
<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><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></p> <p><i>*indicates item with more than 500mg sodium</i></p>			<p>1 Lasagna with Lentil Bolognese & parm garnish(497) Kale & Corn(15) Wheat Bread(135) Mixed Fruit in tray(10)</p> <p>618 cals; 812mg sodium</p>
<p>4 Veg Carbonara with Fettuccini(528)* California Veg(17) Wheat Roll(135) Pudding(135)</p> <p>653 cals; 970mg sodium</p>	<p>5 Tofu with Spiced Apple Slices(10) Roast Sweet Potato(36) Veg Medley(12) Wheat Bread(135) Pound Cake(240)</p> <p>696 cals; 588mg sodium</p>	<p>6 COLD PLATE Provolone Cheese with Cucumber Slices(177) Carrot-Raisin Salad(212) Tomato-Zuke Salad(7) Hawaiian Burger Bun(120) Fresh Banana(1) Mayo pkt(55)</p> <p>804 cals; 727mg sodium</p>	<p>7 Veg Meatloaf with Veg Gravy(562)* Cheesy Mashed Potato(228) Spinach(110) Wheat Roll(135) Fresh Grapes(2)</p> <p>708 cals; 1192mg sodium</p>	<p>8 Spaghetti & Veg Meatballs with Marinara & parm garnish(541)* Broccoli(9) Garlic Bread(350) Pears in tray(5)</p> <p>726 cals; 1093mg sodium</p>
<p>11 SITES CLOSED</p>	<p>12 Philly "Fake Steak" & Cheese(417) Corn with Red Pepper(4) Green Beans(2) LS Hot Dog Bun(140) Applesauce Cup(15) Ketchup pkt(82)</p> <p>727 cals; 815mg sodium</p>	<p>13 Braised Black Beans with Veg(165) Baked Potato(6) Broccoli(9) Wheat Roll(135) Banana Cake(260) Sour Cream pkt(9)</p> <p>823 cals; 739mg sodium</p>	<p>14 Tofu Anna Maria(191) Butternut/Pumpkin Ravioli(110) Zucchini/Red Peppers(3) Wheat Bread(135) 2 Fresh Clementines(1)</p> <p>686 cals; 595mg sodium</p>	<p>15 Cajun Veg Chik'n Nuggets(464) Rice & Beans(60) Beets & Collards(81) Cornbread(180) Strawberries in tray(2)</p> <p>915 cals; 942mg sodium</p>
<p>18 Veg Sausage with Veg Gravy(552)* Roast Sweet Potato(36) Peas(58) Wheat Bread(135) Applesauce Cup(15)</p> <p>676 cals; 951mg sodium</p>	<p>19 HIGH SODIUM MEAL Veg Fajita Bowl(628)* Brown Rice & Quinoa Pilaf(87) Carrots(43) Wheat Roll(135) Chocolate Cake(182)</p> <p>836 cals; 1230mg sodium</p>	<p>20 Veg Amer. Chop Suey with parm garnish(583)* Mixed Veg(30) Wheat Bread(135) Pudding(135)</p> <p>654 cals; 1038mg 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 cals; 851mg sodium</p>	<p>22 Tofu Bruschetta with Orzo(220) Brussels Sprouts(12) Garlic Bread(350) Mixed Fruit in tray(10)</p> <p>801 cals; 747mg sodium</p>
<p>25 Veg Meatball Stroganoff with Egg Noodles(489) California Veg(17) Wheat Roll(135) Pineapple in tray(1)</p> <p>738 cals; 797mg sodium</p>	<p>26 Roast Tofu w/ Veg Gravy & Cranberry Sauce garnish(67) Mashed Potato with Gravy(170) Veg Medley(12) Wheat Bread(135) Apple Slices in tray(10)</p> <p>668 cals; 549mg sodium</p>	<p>27 Veg Sausage Cacciatore with Pasta(613)* Broccoli(9) Cornbread(180) Mango in tray(0)</p> <p>794 cals; 957mg 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.