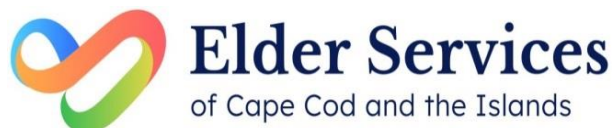


ELDER NUTRITION PROGRAM

Barnstable County DECEMBER 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 |
|---|--|--|---|---|
| 2 Chicken Cordon Royale(550)* Baked Potato(6) Broccoli/Red Pepper(6) Wheat Roll(135) Pudding(135) Sour Cream pkt(9) | 3 Beef Stew(169) Beets & Collard Greens(81) Biscuit(310) Fresh Pear(1) | 4 Salmon Florentine(195) Tortellini(225) Peas(58) Wheat Bread(135) Fresh Banana(1) Curry Butternut Soup(70) for cong dining only | 5 Chicken Breast Marsala(354) Polenta(14) California Veg(17) Wheat Roll(135) Fig Newton(210) MOD:Lorna Doones(147) | 6 Shepherd's Pie with Mashed Potato & Gravy(284) Kale & Braised Beans(195) Wheat Bread(135) Mixed Fruit in tray(10) |
| 743 cal; 996mg sodium | 766 cal; 716mg sodium | 678 cal; 769mg sodium | 802 cal; 885mg sodium | 725 cal; 779mg sodium |
| 9 Diced Pork with Mustard-Wine Sauce(217) Roast Potato(120) California Veg(17) Wheat Roll(135) Lorna Doones(147) <i>for both reg & MOD</i> | 10 Rosemary Garlic Chicken Thigh(159) Roast Sweet Potato(36) Green Beans(2) Wheat Bread(135) Fresh Banana(1) | 11 Swedish Meatballs with Egg Noodles(414) Spinach/Red Pepper(57) Wheat Roll(135) Fresh Grapes(2) | 12 Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Carrots(43) Wheat Bread(135) Yogurt(50) Minestrone Soup(230) for cong dining only | 13 Stuffed Shells with Turkey Bolognese & parm garnish(552)* Brussels Sprouts(12) Garlic Toast(270) Apple Slices in tray(10) |
| 783 cal; 791mg sodium | 746 cal; 488mg sodium | 706 cal; 763mg sodium | 734 cal; 804mg sodium | 668 cal; 999mg sodium |
| 16 Thai Curry Beef with Brown & Wild Rice(259) Mixed Veg(30) Wheat Bread(135) Mixed Fruit in tray(10) | 17 LS Ham with Maple Glaze(599)* Mashed Potato(135) Carrots(43) Wheat Roll(135) Cinnamon Swirl(105) MOD:Lorna Doones(147) | 18 Tuscan Chicken Breast with Pasta(390) Broccoli & Corn(6) Wheat Bread(135) Pudding(135) Tomato Basil Soup(232) for cong dining only | 19 Potato Pollock(330) Black Beans & Brown Rice(60) Spinach(110) Wheat Roll(135) 2 Fresh Clementines(1) Tartar Sauce pkt(85) | 20 Roast Turkey with Gravy(436) Roast Potato(120) Butternut(0) Cornbread(180) Apple Slices in tray(10) |
| 721 cal; 589mg sodium | 771 cal; 1172mg sodium | 715 cal; 821mg sodium | 721 cal; 876mg sodium | 773 cal; 901mg sodium |
| 23 Cheddar Omelet with Peppers & Onions(426) Sweet Potato & Black Beans(80) Muffin(120) Mixed Fruit in tray(10) | 24 Beef Stroganoff with Egg Noodles(179) Zucchini/Red Peppers(3) Wheat Roll(135) Banana Cake(260) MOD:Lorna Doones(147) | 25 SITES CLOSED | 26 Chicken with Mushroom Cream Sauce(331) Potato Latkes(370) Kale(22) Cornbread(180) Applesauce Cup(15) Cream of Broccoli Soup(80) for cong dining only | 27 Lasagna with Beef Bolognese & parm garnish(499) Broccoli(9) Garlic Toast(270) Peaches in tray(5) |
| 789 cal; 791mg sodium | 917 cal; 732mg sodium | | 840 cal; 1073mg sodium | 701 cal; 938mg sodium |
| 30 Beef Chili(321) Spinach(110) Cornbread(180) Yogurt(50) | 31 Hawaiian Chicken Breast(330) Edamame & Corn(3) California Veg(17) Hawaiian Dinner Roll(80) Chocolate Cake(182) MOD:Lorna Doones(147) | <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> | Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium. | |
| 702 cal; 816mg sodium | 773 cal; 767mg 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.