

ELDER NUTRITION PROGRAM

Barnstable County DECEMBER 2024

Reservations & Cancellations must be made three business days in advance.



Elder Services

of Cape Cod and the Islands



Menu subject to change without notice.

Main Office in S. Dennis: 508-394-4630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Braised Beans with Veg Gravy(167) Baked Potato(6) Broccoli/Red Pepper(6) Wheat Roll(135) Pudding(135) Sour Cream pkt(9)	3 Lentil Stew with potato, peas, & carrots(141) Beets & Collard Greens(81) Biscuit(310) Fresh Pear(1)	4 Tofu Florentine(138) Tortellini(225) Peas(58) Wheat Bread(135) Fresh Banana(1)	5 Veg Chik'n Patty with Marsala Sauce(502)* Polenta(14) California Veg(17) Wheat Roll(135) Fig Newton(210)	6 Veg Shepherd's Pie with Mashed Potato & Veg Gravy(576)* Kale & Braised Beans(195) Wheat Bread(135) Mixed Fruit in tray(10)
614 cal; 613mg sodium	739 cal; 688mg sodium	685 cal; 712mg sodium	926 cal; 1033mg sodium	683 cal; 1071mg sodium
9 Veg Chik'n Patty with Mustard-Wine Sauce(520)* Roast Potato(120) California Veg(17) Wheat Roll(135) Lorna Doones(147)	10 Rosemary Garlic White Beans(209) Roast Sweet Potato(36) Green Beans(2) Wheat Bread(135) Fresh Banana(1)	11 Swedish Veg Meatballs with Egg Noodles(447) Spinach/Red Pepper(57) Wheat Roll(135) Fresh Grapes(2)	12 Veg Meatloaf with with Veg Gravy(551)* Mashed Potato with Gravy(162) Carrots(43) Wheat Bread(135) Yogurt(50)	13 Stuffed Shells with Lentil Bolognese & parm garnish(567)* Brussels Sprouts(12) Garlic Toast(270) Apple Slices in tray(10)
882 cal; 1094mg sodium	699 cal; 538mg sodium	630 cal; 796mg sodium	692 cal; 1096mg sodium	649 cal; 1014mg sodium
16 Thai Curry Tofu with Brown & Wild Rice(204) Mixed Veg(30) Wheat Bread(135) Mixed Fruit in tray(10)	17 Veg Sausage with Maple Glaze(507)* Mashed Potato(135) Carrots(43) Wheat Roll(135) Cinnamon Swirl(105)	18 Veg Carbonara with Pasta(528)* Broccoli & Corn(6) Wheat Bread(135) Pudding(135)	19 Kelp Nuggets(440) Black Beans & Brown Rice(60) Spinach(110) Wheat Roll(135) 2 Fresh Clementines(1) Tartar Sauce pkt(85)	20 Roast Tofu with Veg Gravy(62) Roast Potato(120) Butternut(0) Cornbread(180) Apple Slices in tray(10)
703 cal; 534mg sodium	807 cal; 1080mg sodium	680 cal; 959mg sodium	781 cal; 986mg sodium	783 cal; 527mg sodium
23 Cheddar Omelet with Peppers & Onions(426) Sweet Potato & Black Beans(80) Muffin(120) Mixed Fruit in tray(10)	24 Veg Meatball Stroganoff with Egg Noodles(489) Zucchini/Red Peppers(3) Wheat Roll(135) Banana Cake(260)	25 SITES CLOSED 	26 High-Sodium Meal Veg Chik'n Patty with Mushroom Cream Sauce(479) Potato Latkes(370) Kale(22) Cornbread(180) Applesauce Cup(15)	27 Lasagna with Lentil Bolognese & parm garnish(507)* Broccoli(9) Garlic Toast(270) Peaches in tray(5)
789 cal; 791mg sodium	923 cal; 1042mg sodium		963 cal; 1221mg sodium	654 cal; 946mg sodium
30 Three Bean Chili(435) Spinach(110) Cornbread(180) Yogurt(50)	31 Hawaiian Tofu(128) Edamame & Corn(3) California Veg(17) Hawaiian Dinner Roll(80) Chocolate Cake(182)	<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.	
711 cal; 930mg sodium	799 cal; 565mg 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.