

ELDER NUTRITION PROGRAM
Barnstable County JANUARY 2025

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
<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 w/ more than 500mg sodium.</i></p>	<p>1 SITES CLOSED</p> 	<p>2 Braised Black Beans with Veg(165) Cheesy Mashed Potato(228) Green Beans(2) Wheat Bread(135) Fresh Banana(1)</p>	<p>3 Vegetarian American Chop Suey with parm garnish(583)* Peas & Carrots(51) Garlic Bread(270) Apple Slices in tray(10)</p>
			669 cal; 686mg sodium	679 cal;1069mg sodium
<p>6 Vegetarian Sausage with Balsamic Plum Tomato Sauce(629)* Roast Potato(120) California Veg(17) Wheat Roll(135) Pudding(135)</p>	<p>7 Veg Sloppy Joe(462) Tater Tots(230) Spinach(110) Hawaiian Hamburger Bun(120) 2 Clementines(1)</p>	<p>8 Veg Chik'n Patty with Lemon-Rosemary Sauce(416) Roast Sweet Potato(36) Zucchini(2) Wheat Bread(135) Pound Cake(240)</p>	<p>9 Spaghetti & Vegetarian Meatballs with Marinara & parm garnish(574)* Green Beans & Red Pepper(3) Garlic Bread(270) Fresh Grapes(2)</p>	<p>10 Cajun Tofu(173) Black Beans & Rice(76) Broccoli(9) Cornbread(180) Strawberries in tray(2)</p>
762 cal; 1191mg sodium	732 cal; 1078mg sodium	890 cal; 984mg sodium	654 cal; 1004mg sodium	801 cal; 595mg sodium
<p>13 Lentil Stew with potato, peas, & carrots(141) Beets & Collards(81) Biscuit(310) Mixed Fruit in tray(10)</p>	<p>14 Tofu Stewed in Tomatoes(300) Tortellini(225) California Veg(17) Wheat Roll(135) Pudding(135)</p>	<p>15 Kelp Nuggets(440) Black Beans & Rice(76) Spinach/Red Pepper(57) Wheat Bread(135) 2 Clementines(1) Tartar Sauce pkt(85)</p>	<p>16 Roast Tofu with Veg Gravy(62) Baked Potato(6) Butternut Squash(0) Wheat Roll(135) Lorna Doones(147) Sour Cream pkt(9)</p>	<p>17 Vegetarian Meatloaf with Veg Gravy(551)* Mashed Potato with Veg Gravy(162) Mixed Veg(30) Wheat Bread(135) Apple Slices in tray(10)</p>
714 cal; 697mg sodium	654 cal; 967mg sodium	726 cal; 949mg sodium	756 cal; 514mg sodium	665 cal; 1043mg sodium
<p>20 SITES CLOSED</p> 	<p>21 Omelet with Provolone Cheese(370) LS Potato Wedges(15) Spinach(110) Cranberry-Orange Snack Loaf(120) Applesauce Cup(15)</p>	<p>22 Vegetarian Carbonara with Pasta(466) Corn with Red Pepper(4) Wheat Roll(135) Fig Newtons(210)</p>	<p>23 Tofu & Artichoke Piccata(141) Roast Sweet Potato(36) Peas(58) Wheat Bread(135) Fresh Banana(1)</p>	<p>24 Black Beans & Pepper Bowl with Rice & Cheddar(434) Zucchini(2) Hawaiian Dinner Roll(80) Pineapple in tray(1)</p>
Martin Luther King Day	730 cal; 785mg sodium	780 cal; 970mg sodium	767 cal; 526mg sodium	686 cal; 672mg sodium
<p>27 Veg Sausage with Veg Gravy(541)* Butternut Squash(0) Peas & Corn(31) Wheat Bread(135) Yogurt(50)</p>	<p>28 Veg Chik'n Patty with Spiced Apple Slices(267) Scalloped Potato(221) Green Beans & Red Pepper(3) Cornbread(180) Fresh Grapes(2)</p>	<p>29 CHINESE NEW YEAR Tofu & Broccoli Stir-Fry(134) Brown Rice Pilaf(84) Carrots(43) Wheat Roll(135) Chocolate Cake(182)</p>	<p>30 White Bean "Pot Pie"(172) Spinach(110) Biscuit(310) 2 Clementines(1)</p>	<p>31 Cheese Ravioli with Lentil Bolognese & parm garnish(507)* Brussels Sprouts(12) Garlic Bread(270) Mango in tray(0)</p>
646 cal; 912mg sodium	726 cal; 828mg sodium	794 cal; 733mg sodium	758 cal; 748mg sodium	674 cal; 944mg 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.