

# ELDER NUTRITION PROGRAM

**Barnstable County FEBRUARY 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
<b>3</b> Veg. Chik'n Patty with Marsala Sauce(502)* Roast Sweet Potato(36) Green Beans(2) Wheat Roll(135) Pudding(135)	<b>4</b> Veg. Chili with Cheddar(435) Spinach(110) Cornbread mini-loaf(180) Fresh Pear(1)	<b>5</b> Cheese Ravioli with Abruzzi Sauce(472) California Veg(17) Wheat Bread(135) Banana Cake(260)	<b>6</b> Roasted Tofu with Veg. Gravy(51) Roasted Potato(120) Peas & Carrots(51) Wheat Roll(135) Fresh Banana(1)	<b>7</b> Veg. Meatball Stroganoff over Egg Noodles(489) Kale, Corn, & Red Pepper(16) Wheat Bread(135) Mixed Fruit in tray(10)
<b>843 cals; 965mg sodium</b>	<b>706 cals; 881mg sodium</b>	<b>791 cals; 1039mg sodium</b>	<b>647 cals; 513mg sodium</b>	<b>757 cals; 805mg sodium</b>
<b>10</b> Roasted Black Beans with Gravy(179) Baked Potato(6) Veg Medley(12) Wheat Bread(135) Chocolate Cake(182) Sour Cream pkt(9)	<b>11</b> Stuffed Shells with Lentil Bolognese & parm garnish(567)* Broccoli(9) Garlic Bread(270) Fresh Grapes(2)	<b>12</b> Thai Curry Tofu(88) Brown Rice Pilaf(84) Spinach(110) Wheat Roll(135) Fresh Banana(1)	<b>13</b> Veg. Sausage Patties w/ Cacciatore Sauce(611)* Polenta(14) California Veg(17) Wheat Bread(135) Yogurt(50)	<b>14</b> Veg. Chik'n Patty with Veg. Gravy(401) Cheesy Mashed Potato(228) Gr.Beans/Red Pepper(3) Apple Fritter(330) Strawberries in tray(2)
<b>816 cals; 678mg sodium</b>	<b>642 cals; 1003mg sodium</b>	<b>717 cals; 573mg sodium</b>	<b>852 cals; 982mg sodium</b>	<b>946 cals; 1119mg sodium</b>
<b>17 SITES CLOSED</b> 	<b>18</b> Braised Black Beans with Veg(165) Mashed Sweet Potato(35) Zucchini(2) Wheat Bread(135) Pound Cake(240)	<b>19</b> Mediterranean Tofu with Penne Pasta(216) Broccoli(9) Garlic Bread(270) 2 Fresh Clementines(1)	<b>20</b> Veg. Meatloaf with Veg. Gravy(551)* Mashed Potato with Veg. Gravy(162) Mixed Veg(30) Wheat Roll(135) Fresh Grapes(2)	<b>21</b> Mozzarella Omelet with Spinach/Red Pepper(482) LS Potato Wedges(15) Cranberry Orange Snack Loaf(120) Cinnamon Apple Slices in tray(10)
	<b>691 cals; 732mg sodium</b>	<b>738 cals; 651mg sodium</b>	<b>668 cals; 1035mg sodium</b>	<b>704 cals; 782mg sodium</b>
<b>24</b> Kelp Burger with Cheddar(454) Black Beans, Corn, & Red Pepper(66) Broccoli(9) Hawaiian Burger Bun(120) Yogurt(50) Ketchup pkt(82)	<b>25</b> Veg. Chik'n Patty with Alfredo Sauce over Fettuccini(567)* Mixed Veg(30) Wheat Roll(135) 2 Fresh Clementines(1)	<b>26</b> <b>HIGH SODIUM MEAL</b> Spiced Apple Slices(507) Mashed Potato(135) Beets & Collards(81) Wheat Roll(135) Fig Newton(210)	<b>27</b> Tofu with Tomato Caper Cream Sauce(313) Roast Sweet Potato(36) Peas(58) Wheat Bread(135) Fresh Banana(1)	<b>28</b> Swedish Veg. Meatballs over Egg Noodles(447) Brussels Sprouts(12) Wheat Bread(135) Mango in tray(0)
<b>751 cals; 936mg sodium</b>	<b>792 cals; 888mg sodium</b>	<b>729 cals; 1223mg sodium</b>	<b>785 cals; 698mg sodium</b>	<b>628 cals; 749mg sodium</b>
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.	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35  *indicates item w/ more than 500mg 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.