

ELDER NUTRITION PROGRAM

Barnstable County MARCH 2025

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
3 Chicken Cordon Royale(550)* Mashed Potato(135) Carrots(56) Wheat Roll(135) Yogurt(50)	4 Beef Stroganoff(171) Egg Noodles(4) Spinach with Red Pepper(73) Wheat Bread(135) Fresh Banana(1)	5 Potato Pollock(330) Roast Sweet Potato(36) Green Beans(20) Wheat Roll(135) Fresh Grapes(2) Tartar Sauce pkt(85)	6 Chicken with Mushroom Cream Sauce(397) Rosemary Roast Potato(121) California Veg(34) Wheat Bread(135) Lorna Doones(147) <i>for all</i> Wild Rice & Turkey Soup(141) - cong dining only	7 Lasagna with Marinara & parm garnish(515)* Broccoli(26) Garlic Toast(270) Apple Slices in tray(10)
705 cal; 1081mg sodium	777 cal; 539mg sodium	698 cal; 763mg sodium	810 cal; 989mg sodium	652 cal; 976mg sodium
10 Diced Pork with Hawaiian Sauce(175) Au Gratin Potato(335) Peas(76) Hawaiian Roll(80) Mandarin Cup(6)	11 American Chop Suey with ground turkey & parm garnish(269) California Veg(34) Wheat Roll(135) Fresh Pear(2)	12 Tuscan Chicken(573)* Creamy Polenta(14) Broccoli(26) Wheat Bread(135) Pudding(135)	13 High Sodium Meal Corned Beef & Cabbage(762)* Parslied Boiled Potato(128) Carrots(56) Cornbread(180) Oatmeal Cookie(105) <i>for all</i> Split Pea Soup(55) - cong dining only	14 Cajun Salmon(230) Rice & Black Beans(76) Mixed Veg(60) Wheat Bread(135) Mango in tray(0)
775 cal; 827mg sodium	723 cal; 595mg sodium	839 cal; 1038mg sodium	695 cal; 1386mg sodium	748 cal; 656mg sodium
17 Happy St. Patrick's Day! Beef Stew(169) Beets & Collards(121) Biscuit(310) Brownie(180) MOD:Lorna Doones(147)	18 Chicken Piccata(343) Roast Sweet Potato(36) Zucchini & Summer Squash(22) Wheat Bread(135) Yogurt(50)	19 Roast Turkey with Gravy(436) Rosemary Roast Potato(121) Mixed Veg(60) Wheat Roll(135) Fresh Banana(1)	20 Homemade Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Spinach(93) Wheat Bread(135) Fresh Grapes(2)	21 Shrimp Scampi with Angel Hair Pasta(368) California Veg(34) Garlic Toast(270) Peaches in tray(5)
927 cal; 935mg sodium	719 cal; 741mg sodium	694 cal; 908mg sodium	720 cal; 806mg sodium	683 cal; 832mg sodium
24 Chicken Florentine(340) Orzo(5) Brussels Sprouts(29) Wheat Bread(135) Pudding(135)	25 Diced Pork with Apple Chutney(60) Cheesy Mashed Potato(228) California Veg(34) Wheat Roll(135) Pound Cake(240) MOD:Lorna Doones(147)	26 Omelet with Provolone(399) Home Fries with Peppers & Onions(54) Zucchini(20) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)	27 COLD PLATE Roast Beef & Swiss Chz w/Lettuce & Tomato(288) Potato Salad(187) Broccoli Salad w/ Golden Italian Dressing(95) Hawaiian Burger Bun(120) Fresh Banana(1) Mayo pkt(55)	28 Ravioli with Sage Cream Sauce(514)* Kale & Red Peppers(17) Wheat Bread(135) Apple Slices in tray(10)
652 cal; 799mg sodium	749 cal; 852mg sodium	763 cal; 789mg sodium	883 cal; 901mg sodium	703 cal; 831mg sodium
31 Beef Fajita Bowl(274) Rice & Black Beans(76) Veg Medley with Spinach(69) 1 Mini Tortilla(170) Yogurt(50)	<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 <i>*indicates item w/ more than 500mg sodium.</i>		
749 cal; 794mg 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.