

ELDER NUTRITION PROGRAM

Barnstable County MARCH 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
3 Roast Tofu with Veg Gravy(62) Mashed Potato(135) Carrots(56) Wheat Roll(135) Yogurt(50)	4 Veg Meatball Stroganoff(485) Egg Noodles(4) Spinach with Red Pepper(73) Wheat Bread(135) Fresh Banana(1)	5 Kelp Nuggets(440) Roast Sweet Potato(36) Green Beans(20) Wheat Roll(135) Fresh Grapes(2) Tartar Sauce pkt(85)	6 Veg Chik'n w/Mushroom Cream Sauce(486) Rosemary Roast Potato(121) California Veg(34) Wheat Bread(135) Lorna Doones(147)	7 Lasagna with Marinara & parm garnish(515)* Broccoli(26) Garlic Toast(270) Apple Slices in tray(10)
626 cal; 593mg sodium	785 cal; 853mg sodium	758 cal; 873mg sodium	894 cal; 1078mg sodium	652 cal; 976mg sodium
10 Veg Field Fritters with Hawaiian Sauce(448) Au Gratin Potato(335) Peas(76) Hawaiian Roll(80) Mandarin Cup(6)	11 Veg American Chop Suey with parm garnish(548)* California Veg(34) Wheat Roll(135) Fresh Pear(2)	12 Veg Tuscan Chik'n(454) Creamy Polenta(14) Broccoli(26) Wheat Bread(135) Pudding(135)	13 Veg Sausage Patties with Cabbage(513)* Parslied Boiled Potato(128) Carrots(56) Cornbread(180) Oatmeal Cookie(105)	14 Cajun Tofu(185) Rice & Black Beans(76) Mixed Veg(60) Wheat Bread(135) Mango in tray(0)
804 cal; 1100mg sodium	644 cal; 874mg sodium	837 cal; 919mg sodium	724 cal; 1137mg sodium	750 cal; 611mg sodium
17 <i>Happy St. Patrick's Day!</i> Lentil Stew with potato, peas, & carrots(141) Beets & Collards(121) Biscuit(310) Brownie(180)	18 Tofu & Artichoke Piccata(167) Roast Sweet Potato(36) Zucchini & Summer Squash(22) Wheat Bread(135) Yogurt(50)	19 Braised Northern Beans with Veg Gravy(192) Rosemary Roast Potato(121) Mixed Veg(60) Wheat Roll(135) Fresh Banana(1)	20 Veg Meatloaf with Veg Gravy(551)* Mashed Potato with Veg Gravy(162) Spinach(93) Wheat Bread(135) Fresh Grapes(2)	21 Veg Chik'n Scampi with Angel Hair Pasta(319) California Veg(34) Garlic Toast(270) Peaches in tray(5)
900 cal; 907mg sodium	754 cal; 565mg sodium	686 cal; 664mg sodium	678 cal; 1098mg sodium	783 cal; 783mg sodium
24 Veg Chik'n Florentine(429) Orzo(5) Brussels Sprouts(29) Wheat Bread(135) Pudding(135)	25 Tofu with Apple Chutney(25) Cheesy Mashed Potato(228) California Veg(34) Wheat Roll(135) Pound Cake(240)	26 Omelet with Provolone(399) Home Fries with Peppers & Onions(54) Zucchini(20) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)	27 COLD PLATE Swiss Cheese & Crisp Apple Slices with Lettuce & Tomato(109) 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)
736 cal; 888mg sodium	746 cal; 817mg sodium	763 cal; 789mg sodium	1010 cal; 722mg sodium	703 cal; 831mg sodium
31 Veg Fajita Bowl(508)* 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>		
727 cal; 1028mg 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.