

ELDER NUTRITION PROGRAM

Barnstable County APRIL 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>1 Rosemary Garlic Veg Chik'n(405) Butternut Squash(2) Green Beans(20) Wheat Bread(135) 2 Fresh Clementines(1)</p>	<p>2 Stuffed Shells with Lentil Bolognese & parm garnish(432) Broccoli(26) Wheat Roll(135) Fig Newton(210)</p>	<p>3 Philly "Fake Steak" & Cheese(417) Black Beans, Corn, & Red Pepper(91) California Veg(34) LS Hot Dog Bun(140) Fresh Grapes(2) Ketchup pkt(82)</p>	<p>4 Herb Crusted Tofu(110) Cheesy Mashed Potato(228) Brussels Sprouts & Carrots(43) Wheat Bread(135) Apple Slices in tray(10)</p>
	876 cal; 718mg sodium		738 cal; 958mg sodium	
<p>7 Veg Chik'n with Veg Gravy(353) Roast Potato(120) Peas & Carrots(66) Wheat Roll(135) Pudding(135)</p>	<p>8 Braised Black Beans with Veg(165) Sweet Potato Wedges(190) Zucchini(20) Wheat Bread(135) Fresh Banana(1)</p>	<p>9 Tofu with Honey-Mustard Sauce(218) Mashed Potato(135) Spinach(93) Wheat Roll(135) Lemon White Chocolate Cookie(100)</p>	<p>10 COLD PLATE Mediterranean Salad with Falafel & Quinoa(338) Three-Bean Salad(370) Wheat Bread(135) Ambrosia Fruit Salad in tray(0)</p>	<p>11 Spaghetti & Veg Meatballs with Marinara & parm garnish(632)* Broccoli(26) Garlic Toast(270) Peaches in tray(5)</p>
701 cal; 964mg sodium		681 cal; 666mg sodium		742 cal; 836mg sodium
<p>14 Thai Curry Tofu(81) Veg Brown Rice Pilaf(30) Green Beans with Red Pepper(20) Wheat Bread(135) Banana Cake(260)</p>	<p>15 Omelet with Swiss Cheese(336) LS Potato Wedges(15) Spinach(93) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)</p>	<p>16 Chickpea "Pot Pie"(208) Zucchini(20) Biscuit(310) Fresh Banana(1)</p>	<p>17 Veg Sausage with Veg Gravy(552)* Mash. Sweet Potato(35) Peas(76) Wheat Roll(135) Yogurt(50)</p>	<p>18 Veg Casserole(354) Egg Noodles(4) Beets & Collards(121) Cornbread(180) Pineapple in tray(1)</p>
865 cal; 681mg sodium		826 cal; 760mg sodium		725 cal; 694mg sodium
<p>21 SITES CLOSED</p>  <p>PATRIOT'S DAY</p>	<p>22 Lemon Herb Tofu(61) Roast Sweet Potato(53) Veg Medley with Spinach(27) Wheat Roll(135) Chocolate Cake(182)</p>	<p>23 Veg Meatball Stroganoff with Egg Noodles(582)* California Veg(34) Cornbread(180) Fresh Grapes(2)</p>	<p>24 COLD PLATE Macaroni Salad with Hard-Boiled Egg & Cheddar(370) Tomato-Zuke Salad(7) Wheat Roll(135) Fresh Banana(1)</p>	<p>25 Veg Meatloaf with Veg Gravy(536)* Mashed Potato with Veg Gravy(153) Mixed Veg(60) Wheat Bread(135) Apple Slices in tray(10)</p>
839 cal; 613mg sodium		755 cal; 953mg sodium		878 cal; 668mg sodium
<p>28 Anna Maria Veg Chik'n(482) Roast Potato(120) Brussels Sprouts & Carrots(43) Garlic Toast(270) Yogurt(50)</p>	<p>29 Tofu with Peach Sauce(40) Tater Tots(230) California Veg(34) Wheat Roll(135) Pound Cake(240)</p>	<p>30 Kelp Nuggets(440) Black Bean & Sweet Potato Hash(80) Green Beans(20) Wheat Bread(135) 2 Fresh Clementines(1) Tartar Sauce pkt(85)</p>	<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>	
820 cal; 1120mg sodium		781 cal; 834mg sodium		790 cal; 916mg 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.