ELDER NUTRITION PROGRAM

Barnstable County MAY 2025

Reservations & Cancellations must be made three business days in advance.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY In arder to reduce goluntary domaination of \$40.00 per meal lowards astual cest of \$12.00 them such as bread, mill, or descrit B how them such as bread, mill, or descrit B how them with monther meal or snack. In order to reduce them such as bread, por may want to sove them such as bread, mill, or descrit B how them with monther meal or snack. Image: Comparison of the source them such as bread, por may want to sove them with monther meal or snack. Image: Comparison of the source them such as bread, por emay want to sove them with monther meal or snack. Image: Comparison of the source them such as bread, por emay want to sove them with monther meal or snack. Image: Comparison of the source them such as bread, por emay want to sove them with monther meal or snack. Image: Comparison of the source of the source them such as bread, por emay want to sove them with monther meal or snack. Image: Comparison of the source of them source them such as bread, por emay want to sove them such as bread, por emay with sove them such as bread, por emay want to sove them such as bread, por	Menu subject to change without notice.		Main Office in S. Dennis: 508-394-4630		
unutary denation of 5400 per meal solut of 512.32 solut of 512.32 solut of 512.32 indicates item w/ more indicates item w/ more indititem w/ more indicates item w/ more indicates item	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 6 STTES CLOSED Annual Meeting of Beef Stew(154) Beefs & Collard Greens(121) 7 Beef Chill(354) Beef Chill(354) 9 Rst Turky w/Gravy(467) Mashed Potato Socuit(310) and the Islands 2 Collard Chicken[281) 9 Rst Turky w/Gravy(467) Biscuit(310) and the Islands 2 California Vog(5) Wheat Roll(135) California Vog(34) Pudding(135) and the Islands 2 California Vog(34) California Vog(34) 788 cals; 875mg sodium 13 Beef Stroganoff(263) Chicken Marsala(596) Omelet w/Mozzarelia(425) Lasagna with Beef Bolognese 12 13 I4 Lis Lasagna with Beef Potato(53) Lasagna with Beef Potato(54) Beef Bolognese 20cal SvertPotato(53) California Vog(34) Spinach with Stawed Tom. & Zuke(20) Moeat Roll(135) Pana Cake(260) Wheat Roll(135) Blueberry Snack Loaf(160) Braccocil(26) 770 cals; 686mg sodium 822 cals; 851mg sodium 79 cals; 960mg sodium 70 cals; 1025mg sodium 73 cals; 1016mg sodium 79 eaches in tray(5) 770 cals; 686mg sodium 821 cals; 951mg sodium 79 cals; 960mg sodium 74 cals; 1025mg sodium 73 cals; 617 masodium 74 cals; 1016mg sodium </td <td>voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more</td> <td>sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another</td> <td>helo May</td> <td>Stir-fry(779)* Edamame & Corn(21) Gr. Beans/Red Pep.(20) Wheat Roll(135) Fresh Grapes(2) <i>Curried Butternut soup(10- for cong dining only</i></td> <td>with Pasta(505)* Veg Medley with Spinach(27) Garlic Toast(270) Pears in tray(5)</td>	voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more	sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another	helo May	Stir-fry(779)* Edamame & Corn(21) Gr. Beans/Red Pep.(20) Wheat Roll(135) Fresh Grapes(2) <i>Curried Butternut soup(10- for cong dining only</i>	with Pasta(505)* Veg Medley with Spinach(27) Garlic Toast(270) Pears in tray(5)
Beef Stew(154) Annual Meeting of Elder Services of Cape Code Code Code Code Code Code Code Cod					697 cals; 962mg sodium
12 13 14 15 16 Diced Pork with Mustard-Wine Sauce(217) Egg Noodles(4) Baked Potato(4) Spinach with Home Fries(63) Beef Bolgonese Roast Sweet Potato(53) California Veg(34) Spinach with Stewed Tom. & Zuke(221) & parm garnish(560)* Wheat Roll(135) Banana Cake(260) Wheat Roll(135) Stewed Tom. & Zuke(221) & parm garnish(560)* Yogurt(50) Banana Cake(260) Wheat Roll(135) Stewed Tom. & Zuke(221) & parm garnish(560)* Yogurt(50) MOD:Lorna Doones(147) Fresh Banana(1) Scur Cream pkt(9) Northerm Bean soup(147) Peaches in tray(5) 70 cals; 686mg sodium 822 cals; 851mg sodium 769 cals; 960mg sodium 701 cals; 1025mg sodium 738 cals; 1016mg sodium Yotato(102) Tuscan Chicken(254) Salmon with Mango- Pineapple Salsa(78) Sur Urkey & Swiss(450) Unstuffed Pepper Bowl Brussels Sprouts(29) Wheat Roll(135) Fresh Banana(1) Wheat Bread(135) Fresh Grapes(2) MoD:Lorna Doones(147) Pudding(135) Fresh Banana(1) Wheat Roll(135) Fresh Grapes(2) Apple Slices in tray(10) 26 STTES CLOSED 27 Chicken Alfredo <td>Beets & Collard Greens(121) Biscuit(310) Pudding(135)</td> <td>Annual Meeting of Elder Servies of Cape Cod</td> <td>Peas & Corn(49) Zucchini(20) Wheat Roll(135) Fig Newton(210) MOD:Lorna Doones(147)</td> <td>Greek Pasta Salad with Diced Chicken(281) Corn&Red Pepper Salad(4) Wheat Bread(135) Fresh Banana(1) <i>Italian Sausage soup(203)</i> <i>for cong dining only</i></td> <td>Mashed Potato with Gravy(65) California Veg(34) Cranberry-Orange Snack Loaf(120) Apple Slices in tray(10)</td>	Beets & Collard Greens(121) Biscuit(310) Pudding(135)	Annual Meeting of Elder Servies of Cape Cod	Peas & Corn(49) Zucchini(20) Wheat Roll(135) Fig Newton(210) MOD:Lorna Doones(147)	Greek Pasta Salad with Diced Chicken(281) Corn&Red Pepper Salad(4) Wheat Bread(135) Fresh Banana(1) <i>Italian Sausage soup(203)</i> <i>for cong dining only</i>	Mashed Potato with Gravy(65) California Veg(34) Cranberry-Orange Snack Loaf(120) Apple Slices in tray(10)
Diced Pork with Mustard-Wine Sauce(217) Roast Sweet Potato(53) Peas(76)Beef Stroganoff(263) Egg Noodles(4) California Veg(34) Wheat Bread(135)Chicken Marsala(596)* Baked Potato(4) Red Pepper(60)Omelet w/Mozzarella(425) Home Fries(63) Blueberry Snack Loaf(160) Broccoli(26)Lasagna with Beef Bolognese Beef Bolognese Bread(175)Wheat Roll(135) Yogur(50)Banana Cake(260) MOD:Lorna Doones(147)Red Pepper(60) Fresh Banana(1) Sour Cream pkt(9)Blueberry Snack Loaf(160) Boutor and point Sour Cream pkt(9)Garlic Toast(270) Poachaging only770 cals; 686mg sodium Polenta(4) Dolenta(4)769 cals; 960mg sodium Pineapple Salsa(78) Sour Cream pkt(9)701 cals; 1025mg sodium Sit Turkey & Swiss(450) Sit Turkey & Swiss(450) Sweet Potato Salad with Craisins(34) Checol Baw(97)23 Coron face (26) Wheat Roll(135)23 Wine Veg(60) Wheat Bread(135)Unstuffed Pepper Bowl with Grains(34) Chocolate Cake(182) MDD:Lorna Doones(147)33 Surger Bun(120) Fresh Banana(1)Coron face (26) Wheat Bread(135)Unstuffed Pepper Bowl with Grains(34) Checolate Cake(182) MDD:Lorna Doones(147)Garlic Toast(270) Rice & Black Beans(76) Geren Beans(20) Hawaiian Burger Bun(120) Split Pea soup(55) Split Pea soup(55)<			856 cals; 923mg sodium	753 cals; 576mg sodium	663 cals; 851mg sodium
19 20 21 22 COLD PLATE 23 Braised Beef w/Veg(70) Tuscan Chicken(254) Salmon with Mango- Pineapple Salsa(78) SI. Turkey & Swiss(450) Unstuffed Pepper Bowl Potato(102) Broccoli(26) Scalloped Potato(366) Sweet Potato Salad With Craisins(34) Green Beans(20) Wheat Bread(135) Fresh Banana(1) Wheat Roll(135) Wheat Roll(135) Wheat Bread(135) Fresh Grapes(2) Pudding(135) Fresh Banana(1) Wheat Bread(135) Mixed Veg(60) Hawaiian Burger Bun(120) Apple Slices in tray(10) 735 cals; 626mg sodium 761 cals; 575mg sodium 820 cals; 976mg sodium 864 cals; 913mg sodium 867 cals; 698mg sodium 26 STES CLOSED 27 Chicken Alfredo Turkey Meatloaf Diced Pork with Creamy Sweet Potato Wedges(190) Weat Bread(135) Spinach(93) Back Beans, Con, & Red Pepper(91) Sweet Potato Weages(190) Wheat Bread(135) Spinach(93) Back Beans, Con, & Red Pepper(91) Memore Facture of Facture of Facture of Column Polesauce Cup(15) Ketchup pkt(82) 20 Chicken Alfredo Wheat Roll(135) Back Beans, Con, & Red Pepper(91) Loran Doon	Diced Pork with Mustard-Wine Sauce(217) Roast Sweet Potato(53) Peas(76) Wheat Roll(135) Yogurt(50)	Beef Stroganoff(263) Egg Noodles(4) California Veg(34) Wheat Bread(135) Banana Cake(260) MOD:Lorna Doones(147)	Chicken Marsala(596)* Baked Potato(4) Spinach with Red Pepper(60) Wheat Roll(135) Fresh Banana(1) Sour Cream pkt(9)	Omelet w/Mozzarella(425) Home Fries(63) Stewed Tom. & Zuke(221) Blueberry Snack Loaf(160) 2 Clementines(1) <i>Northern Bean soup(147)</i> <i>for cong dining only</i>	Lasagna with Beef Bolognese & parm garnish(560)* Broccoli(26) Garlic Toast(270) Peaches in tray(5)
Braised Beef w/Veg(70) Cheesy Mashed Potenta(102) Brussels Sprouts(29) Wheat Read(135)Tuscan Chicken(254) Polenta(4) Broccoli(26)Salmon with Mango- Pineapple Salsa(78) Scalloped Potato(366) With Craisins(34) Cheesy Mashed Brussels Sprouts(29) Wheat Read(135)Unstuffed Pepper Bowl with Graisins(34) Chee Slaw(97)Unstuffed Pepper Bowl with Graisins(34) Green Beans(20)Pudding(135)Fresh Banana(1)Wheat Bread(135) MOD:Lorna Doones(147)Hawaiian Burger Bun(120) Mayonnaise pkt(55) Spil Pea soup(55) for cong dining onlyCombread(180) Apple Slices in tray(10)735 cals; 626mg sodium761 cals; 575mg sodium Mead Burger(290) Sweet Potato820 cals; 976mg sodium Wheat Bread(135)867 cals; 698mg sodium Vith Gravy(248) Weat Bread(135)867 cals; 698mg sodium Cajun Sauce(208)74Cheddar Burger(290) Sweet PotatoChicken Alfredo With Feituccini(693)* Peas & Carrots(66) Mash.Potato w/Gravy(65)30 Diced Pork with Creamy Cajun Sauce(208)786 cals; 872mg sodium700 cals; 1050mg sodium 736 cals; 843mg sodium698 cals; 630mg sodium Feituce & milk.		822 cals; 851mg sodium	769 cals; 960mg sodium		
26 SITES CLOSED 27 28 29 30 MEMORIAL DAY Cheddar Burger(290) Sweet Potato Wedges(190) Sweet Potato Wedges(190) Green Beans(20) Nash.Potato w/Gravy(65) Diced Pork with Creamy Mexical and the matrix of the second processor Cheddar Burger(290) Wedges(190) Peas & Carrots(66) Mash.Potato w/Gravy(65) Veg Rice Pilaf(41) Mexical and Burger Bun(120) Hawaiian Burger Bun(120) Peas & Carrots(66) Wheat Bread(135) Spinach(93) Wheat Roll(135) Applesauce Cup(15) Ketchup pkt(82) 2 Clementines(1) Minestrone soup(129) Wheat Bread(135) Minestrone soup(129) For Cong dining only Too cals; 1050mg sodium 736 cals; 843mg sodium 698 cals; 630mg sodium NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Milk.	Braised Beef w/Veg(70) Cheesy Mashed Potato(102) Brussels Sprouts(29) Wheat Bread(135) Pudding(135)	Tuscan Chicken(254) Polenta(4) Broccoli(26) Wheat Roll(135) Fresh Banana(1)	Salmon with Mango- Pineapple Salsa(78) Scalloped Potato(366) Mixed Veg(60) Wheat Bread(135) Chocolate Cake(182) MOD:Lorna Doones(147)	SI. Turkey & Swiss(450) Sweet Potato Salad with Craisins(34) Cole Slaw(97) Hawaiian Burger Bun(120) Fresh Grapes(2) Mayonnaise pkt(55) Split Pea soup(55) for cong dining only	Unstuffed Pepper Bowl with ground beef(257) Rice & Black Beans(76) Green Beans(20) Cornbread(180) Apple Slices in tray(10)
MEMORIALDAY Cheddar Burger(290) Chicken Alfredo Turkey Meatloaf Diced Pork with Creamy Nemembers outperfective Sweet Potato Wedges(190) Peas & Carrots(66) Mash.Potato w/Gravy(248) Veg Rice Pilaf(41) Green Beans(20) Hawaiian Burger Bun(120) Applesauce Cup(15) Vegtes(190) Spinach(93) Black Beans, Corn, & Minestrone soup(129) Minestrone soup(129) Vheat Bread(135) Pineapple in tray(1) 786 cals; 872mg sodium 700 cals; 1050mg sodium 736 cals; 843mg sodium 698 cals; 630mg sodium					
NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk.		Cheddar Burger(290) Sweet Potato Wedges(190) Green Beans(20) Hawaiian Burger Bun(120) Applesauce Cup(15)	Chicken Alfredo with Fettuccini(693)* Peas & Carrots(66) Wheat Bread(135)	Turkey Meatloaf with Gravy(248) Mash.Potato w/Gravy(65) Spinach(93) Wheat Roll(135) Lorna Doones(147) for all <u>Minestrone soup(129)</u>	Diced Pork with Creamy Cajun Sauce(208) Veg Rice Pilaf(41) Black Beans, Corn, & Red Pepper(91) Wheat Bread(135)
NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk.		786 cals; 872mg sodium	700 cals; 1050mg sodiun		698 cals; 630mg sodium
	NUTRITION INFO: Tota				