

ELDER NUTRITION PROGRAM

Barnstable County MAY 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
<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>	<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 Beef & Broccoli Stir-fry(779)* Edamame & Corn(21) Gr. Beans/Red Pep.(20) Wheat Roll(135) Fresh Grapes(2) Curried Butternut soup(104) for cong dining only</p>	<p>2 Chicken Cacciatore with Pasta(505)* Veg Medley with Spinach(27) Garlic Toast(270) Pears in tray(5)</p>
		724 cals; 1112mg sodium		697 cals; 962mg sodium
<p>5 Beef Stew(154) Beets & Collard Greens(121) Biscuit(310) Pudding(135)</p>	<p>6 SITES CLOSED Annual Meeting of Elder Servies of Cape Cod and the Islands</p>	<p>7 Beef Chili(354) Peas & Corn(49) Zucchini(20) Wheat Roll(135) Fig Newton(210) MOD:Lorna Doones(147)</p>	<p>8 COLD PLATE Greek Pasta Salad with Diced Chicken(281) Corn&Red Pepper Salad(4) Wheat Bread(135) Fresh Banana(1) Italian Sausage soup(203) for cong dining only</p>	<p>9 Rst Turkey w/Gravy(467) Mashed Potato with Gravy(65) California Veg(34) Cranberry-Orange Snack Loaf(120) Apple Slices in tray(10)</p>
788 cals; 875mg sodium		856 cals; 923mg sodium		753 cals; 576mg sodium
<p>12 Diced Pork with Mustard-Wine Sauce(217) Roast Sweet Potato(53) Peas(76) Wheat Roll(135) Yogurt(50)</p>	<p>13 Beef Stroganoff(263) Egg Noodles(4) California Veg(34) Wheat Bread(135) Banana Cake(260) MOD:Lorna Doones(147)</p>	<p>14 Chicken Marsala(596)* Baked Potato(4) Spinach with Red Pepper(60) Wheat Roll(135) Fresh Banana(1) Sour Cream pkt(9)</p>	<p>15 Omelet w/Mozzarella(425) Home Fries(63) Stewed Tom. & Zuke(221) Blueberry Snack Loaf(160) 2 Clementines(1) Northern Bean soup(147) for cong dining only</p>	<p>16 Lasagna with Beef Bolognese & parm garnish(560)* Broccoli(26) Garlic Toast(270) Peaches in tray(5)</p>
770 cals; 686mg sodium		822 cals; 851mg sodium		769 cals; 960mg sodium
<p>19 Braised Beef w/Veg(70) Cheesy Mashed Potato(102) Brussels Sprouts(29) Wheat Bread(135) Pudding(135)</p>	<p>20 Tuscan Chicken(254) Polenta(4) Broccoli(26) Wheat Roll(135) Fresh Banana(1)</p>	<p>21 Salmon with Mango-Pineapple Salsa(78) Scalloped Potato(366) Mixed Veg(60) Wheat Bread(135) Chocolate Cake(182) MOD:Lorna Doones(147)</p>	<p>22 COLD PLATE Sl. 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</p>	<p>23 Unstuffed Pepper Bowl with ground beef(257) Rice & Black Beans(76) Green Beans(20) Cornbread(180) Apple Slices in tray(10)</p>
735 cals; 626mg sodium		761 cals; 575mg sodium		820 cals; 976mg sodium
<p>26 SITES CLOSED MEMORIAL DAY REMEMBER OUR FALLEN</p>	<p>27 Cheddar Burger(290) Sweet Potato Wedges(190) Green Beans(20) Hawaiian Burger Bun(120) Applesauce Cup(15) Ketchup pkt(82)</p>	<p>28 Chicken Alfredo with Fettuccini(693)* Peas & Carrots(66) Wheat Bread(135) 2 Clementines(1)</p>	<p>29 Turkey Meatloaf with Gravy(248) Mash.Potato w/Gravy(65) Spinach(93) Wheat Roll(135) Lorna Doones(147)for all Minestrone soup(129) for cong dining only</p>	<p>30 Diced Pork with Creamy Cajun Sauce(208) Veg Rice Pilaf(41) Black Beans, Corn, & Red Pepper(91) Wheat Bread(135) Pineapple in tray(1)</p>
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. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.