

ELDER NUTRITION PROGRAM

Barnstable County MAY 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><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></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 Tofu & Broccoli Stir-fry(736)* Edamame & Corn(21) Green Beans with Red Pepper(20) Wheat Roll(135) Fresh Grapes(2)</p>	<p>2 Veg Sausage Cacciatore with Pasta(585)* Veg Medley with Spinach(44) Garlic Toast(270) Pears in tray(5)</p>
			702 cals; 1069mg sodium	660 cals; 1059mg sodium
<p>5 Lentil Stew(141) with potato, peas, & carrots Beets & Collard Greens(121) Biscuit(310) Pudding(135)</p>	<p>6 SITES CLOSED <i>Annual Meeting of Elder Servies of Cape Cod and the Islands</i></p>	<p>7 Southwest Chili(353) Peas & Corn(49) Zucchini(20) Wheat Roll(135) Fig Newton(210)</p>	<p>8 COLD PLATE Tortellini Salad with white beans(476) Corn & Red Pepper Salad(4) Wheat Bread(135) Fresh Banana(1)</p>	<p>9 Roast Tofu with Veg Gravy(69) Mashed Potato with Veg Gravy(65) California Veg(34) Cranberry-Orange Snack Loaf(120) Apple Slices in tray(10)</p>
780 cals; 862mg sodium		716 cals; 922mg sodium	669 cals; 771mg sodium	692 cals; 453mg sodium
<p>12 Veg Sausage with Mustard-Wine Sauce(660) Roast Sweet Potato(53) Peas(76) Wheat Roll(135) Yogurt(50)</p>	<p>13 Veg Meatball Stroganoff(578)* Egg Noodles(4) California Veg(34) Wheat Bread(135) Banana Cake(260)</p>	<p>14 Veg Chik'n Marsala(477)* Baked Potato(4) Spinach/Red Pepper(60) Wheat Roll(135) Fresh Banana(1) Sour Cream pkt(9)</p>	<p>15 Omelet w/Mozzarella(425) Home Fries(63) Stewed Tomatoes & Zucchini(221) Blueberry Snack Loaf(160) 2 Clementines(1)</p>	<p>16 Lasagna with Lentil Bolognese & parm garnish(514)* Broccoli(26) Garlic Toast(270) Peaches in tray(5)</p>
789 cals; 1129mg sodium	832 cals; 1166mg sodium	767 cals; 841mg sodium	701 cals; 1025mg sodium	734 cals; 970mg sodium
<p>19 Braised Beans with Veg(165) Cheesy Mashed Potato(102) Brussels Sprouts(29) Wheat Bread(135) Pudding(135)</p>	<p>20 Tuscan Falafel(474) Polenta(4) Broccoli(26) Wheat Roll(135) Fresh Banana(1)</p>	<p>21 Tofu with Mango-Pineapple Salsa(25) Scalloped Potato(366) Mixed Veg(60) Wheat Bread(135) Chocolate Cake(182)</p>	<p>22 COLD PLATE Swiss Cheese with Crispy Apple Slices(83) Sweet Potato Salad with Craisins(34) Cole Slaw(97) Hawaiian Burger Bun(120) Fresh Grapes(2) Mayonnaise pkt(55)</p>	<p>23 Unstuffed Pepper Bowl w/Lentils & Cheddar(193) Rice & Black Beans(76) Green Beans(20) Cornbread(180) Apple Slices in tray(10)</p>
718 cals; 721mg sodium	720 cals; 795mg sodium	808 cals; 923mg sodium	935 cals; 546mg sodium	784 cals; 634mg sodium
<p>26 SITES CLOSED MEMORIAL DAY REMEMBER OUR FALLEN</p>	<p>27 Veg Cheeseburger(500)* Sweet Potato Wedges(190) Green Beans(20) Hawaiian Burger Bun(120) Applesauce Cup(15) Ketchup pkt(82)</p>	<p>28 Veg Chik'n Alfredo with Fettuccini(574)* Peas & Carrots(66) Wheat Bread(135) 2 Clementines(1)</p>	<p>29 Veg Meatloaf with Veg Gravy(557)* Mashed Potato with Veg Gravy(65) Spinach(93) Wheat Roll(135) Lorna Doones(147)</p>	<p>30 Tofu with Creamy Cajun Sauce(173) Veg Rice Pilaf(41) Black Beans, Corn, & Red Pepper(91) Wheat Bread(135) Pineapple in tray(1)</p>
	846 cals; 1082mg sodium	698 cals; 931mg sodium	765 cals; 1152mg sodium	695 cals; 596mg 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.