



ELDER NUTRITION PROGRAM**Barnstable County JUNE 2025****Reservations & Cancellations must be made three business days in advance.****Menu subject to change without notice.****Elder Services**

of Cape Cod and the Islands

**Main Office in S. Dennis: 508-394-4630**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Veg Sausage with Balsamic-Tomato Sauce(506)* Roast Potato(113) Mixed Veg(60) Wheat Roll(135) Lorna Doones(147) 776 cal; 1116mg sodium	3 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	4 Lentil Stew with potato, peas, & carrots(87) Kale & Corn(28) Biscuit(310) Fresh Pear(2) 715 cal; 582mg sodium	5 COLD PLATE Egg Salad(287) Artichoke Couscous Salad(138) Garden Salad(5) Hawaiian Burger Bun(120) Fresh Banana(1) Ranch dressing pkt(110) 869 cal; 816mg sodium	6 Swedish Veg Meatballs(449) Egg Noodles(4) California Veg(34) Wheat Bread(135) Mango in tray(0) 642 cal; 777mg sodium
9 Cheddar Omelet(470) LS Potato Wedges(15) Spinach with Red Pepper(60) Cranberry Orange Snack Loaf(120) Applesauce Cup(15) 773cal; 835mg sodium	10 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	11 Roast Tofu w/ Gravy(69) Mashed Potato with Gravy(64) Peas & Carrots(66) Wheat Roll(135) Lemon White-Chocolate Cookie(100) 743 cal; 589mg sodium	12 COLD PLATE 2 oz Provolone with Cucumber(233) Rosemary Potato & Green Bean Salad(61) Carrot-Raisin Salad(212) Hawaiian Burger Bun(120) 2 Fresh Clementines(1) Mayo pkt(55) 807 cal; 837mg sodium	13 Veg Chik'n Scampi with Angel Hair Pasta(378) Broccoli(26) Garlic Toast(270) Peaches in tray(5) 808 cal; 834mg sodium
16 Veg Sausage with Veg Gravy(534)* Baked Potato(4) Beets & Collards(121) Wheat Bread(135) Pudding(135) Sour Cream pkt(9) 677 cal; 1093mg sodium	17 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	18 Veg Fajita Bowl(508)* Rice & Black Beans(76) California Veg(34) Cornbread(180) Fresh Grapes(2) 750 cal; 955mg sodium	19 SITES CLOSED 	20 Veg Carbonara with Pasta(466) Green Beans(20) Wheat Bread(135) Pears in tray(5) 643 cal; 781mg sodium
23 Veg Meatball Stroganoff(578)* Egg Noodles(4) Brussels Sprouts & Carrots(43) Wheat Roll(135) Pound Cake(240) 748 cal; 1155mg sodium	24 MEALS ARE NO LONGER AVAILABLE ON TUESDAYS	25 Tofu & Artichoke Picatta(159) Roast Sweet Potato(53) Zucchini(20) Wheat Bread(135) Fresh Banana(1) 707 cal; 523mg sodium	26 Kelp Nuggets(440) Black Beans, Corn, & Red Pepper(91) Peas & Carrots(66) Wheat Roll(135) Fruited Yogurt(75) Tartar Sauce pkt(85) 732 cal; 1047mg sodium	27 Veg Meatloaf with Veg Gravy(544)* Mashed Potato with Gravy(55) Spinach(93) Wheat Bread(135) Pineapple in tray(1) 671 cal; 983mg sodium
30 Tofu with Stewed Tomatoes(274) Tortellini(225) Green Beans with Red Pepper(20) Wheat Roll(135) Pudding(135) 662 cal; 944mg sodium			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>	<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>

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.**