

ELDER NUTRITION PROGRAM

Barnstable County JULY 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



Elder Services
of Cape Cod and the Islands



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>	1	2 American Chop Suey with ground turkey & parm garnish(314) Spinach(93) Garlic Toast(270) 2 Fresh Clementines(1)	3 Hot Dog(540)* Black Beans, Corn, & Red Peppers(91) Broccoli(26) LS Hot Dog Bun(140) Fresh Watermelon(1) Ketchup pkt(82)	4 SITES CLOSED 
		713 cal; 833mg sodium	758 cal; 1035mg sodium	
7 Thai Curry Beef(124) Brown Rice Pilaf(40) Brussels Sprouts(29) Wheat Bread(135) Fig Newton(210) MOD:Lorna Doones(147)	8	9 Chicken Thigh Abruzzi(228) Penne Pasta(2) Broccoli(26) Garlic Toast(270) Fresh Banana(1)	10 COLD PLATE Ham&Swiss Cheese(620)* Chickpea, Quinoa, & Carrot Salad(112) Cole Slaw(97) Hawaiian Burger Bun(120) 2 Fresh Clementines(1) Mustard pkt(55)	11 Shepherd's Pie with Gravy(202) Kale & Braised Beans(205) Wheat Bread(135) Peaches in tray(5)
871 cal; 693mg sodium		755 cal; 682mg sodium	839 cal; 1160mg sodium	762 cal; 702mg sodium
14 Chicken Thigh Anna Maria(246) Roast Sweet Potato(53) Peas(76) Wheat Roll(135) Yogurt(75)	15	16 Omelet with Provolone Cheese(399) LS Potato Wedges(15) Zucchini with Red Pepper(20) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)	17 Roast Turkey with Gravy(467) Baked Potato(4) Mixed Veg(60) Wheat Bread(135) Fresh Pear(2) Sour Cream packet(9)	18 Beef Stroganoff(263) Egg Noodles(4) California Veg(34) Cornbread(180) Strawberries in tray(2)
828 cal; 740mg sodium		809 cal; 750mg sodium	655 cal; 832mg sodium	731 cal; 638mg sodium
21 Diced Pork with Sage Cream Sauce(227) Mashed Potato(32) Spinach(93) Wheat Roll(135) Banana Cake(260) MOD:Lorna Doones(147)	22	23 Braised Beef with Veg(70) Tater Tots(230) Green Beans(20) Wheat Bread(135) Fresh Pear(2)	24 COLD PLATE Italian Pasta Salad with Diced Chicken(225) Broccoli Salad with Cheddar(142) Garlic Toast(270) Fresh Banana(1)	25 Salmon with Garlic Herb Cream Sauce(351) Rice & Black Beans(76) Mixed Veg(60) Wheat Bread(135) Pineapple in tray(1)
907 cal; 902mg sodium		749 cal; 612mg sodium	815 cal; 793mg sodium	781 cal; 778mg sodium
28 Beef Stew(154) Corn(19) Biscuit(310) Flavored Applesauce Cup(15)	29	30 Chicken Thigh Florentine(161) Polenta(4) Broccoli(26) Wheat Roll(135) Chocolate Cake(182) MOD:Lorna Doones(147)	31 Homemade Meatloaf with Gravy(252) Mashed Potato with Gravy(55) Spinach(93) Wheat Bread(135) Fresh Banana(1)	<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>
766 cal; 653mg sodium		866 cal; 663mg sodium	740 cal; 691mg 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.