

**ELDER NUTRITION PROGRAM****Barnstable County JULY 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
<b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b>  <i>*indicates item w/ more than 500mg sodium.</i>	1	2 Veg American Chop Suey with parm garnish(613)* Spinach(93) Garlic Toast(270) 2 Fresh Clementines(1)  <b>719 cals; 1132mg sodium</b>	3 Philly "Fake Steak" & Cheese(562)* Black Beans, Corn, & Red Peppers(91) Broccoli(26) LS Hot Dog Bun(140) Fresh Watermelon(1) Ketchup pkt(82)  <b>676 cals; 1057mg sodium</b>	4 <b>SITES CLOSED</b>  
7 Thai Curry Tofu(81) Brown Rice Pilaf(40) Brussels Sprouts(29) Wheat Bread(135) Fig Newton(210)  <b>849 cals; 650mg sodium</b>	8	9 Veg Sausage Abruzzi(638)* Penne Pasta(2) Broccoli(26) Garlic Toast(270) Fresh Banana(1)  <b>704 cals; 1092mg sodium</b>	10 <b>COLD PLATE</b> Swiss Cheese with Crisp Apple(81) Chickpea, Quinoa, & Carrot Salad(112) Cole Slaw(97) Hawaiian Burger Bun(120) 2 Fresh Clementines(1) Mustard pkt(55)  <b>901 cals; 621mg sodium</b>	11 Veg Shepherd's Pie with Gravy(480) Kale & Braised Beans(205) Wheat Bread(135) Peaches in tray(5)  <b>684 cals; 980mg sodium</b>
14 Veg Chik'n Anna Maria(482) Roast Sweet Potato(53) Peas(76) Wheat Roll(135) Yogurt(75)  <b>818 cals; 951mg sodium</b>	15	16 Omelet with Provolone Cheese(399) LS Potato Wedges(15) Zucchini with Red Pepper(20) Blueberry Snack Loaf(160) 2 Fresh Clementines(1)  <b>809 cals; 750mg sodium</b>	17 Roast Tofu with Gravy(69) Baked Potato(4) Mixed Veg(60) Wheat Bread(135) Fresh Pear(2) Sour Cream packet(9)  <b>684 cals; 434mg sodium</b>	18 Veg Meatball Stroganoff(578)* Egg Noodles(4) California Veg(34) Cornbread(180) Strawberries in tray(2)  <b>741 cals; 953mg sodium</b>
21 Beans with Sage Cream Sauce(310) Mashed Potato(32) Spinach(93) Wheat Roll(135) Banana Cake(260)  <b>890 cals; 985mg sodium</b>	22	23 Braised Tofu with Veg(60) Tater Tots(230) Green Beans(20) Wheat Bread(135) Fresh Pear(2)  <b>728 cals; 602mg sodium</b>	24 <b>COLD PLATE</b> Italian Pasta Salad with Hard-Boiled Eggs(265) Broccoli Salad with Cheddar(142) Garlic Toast(270) Fresh Banana(1)  <b>799 cals; 833mg sodium</b>	25 Veg Chik'n with Garlic Herb Cream Sauce(577)* Rice & Black Beans(76) Mixed Veg(60) Wheat Bread(135) Pineapple in tray(1)  <b>831 cals; 1004mg sodium</b>
28 Lentil Stew with potato, peas, & carrots(87) Corn(19) Biscuit(310) Flavored Applesauce Cup(15)  <b>713 cals; 586mg sodium</b>	29	30 Tofu Florentine(93) Polenta(4) Broccoli(26) Wheat Roll(135) Chocolate Cake(182)  <b>794 cals; 595mg sodium</b>	31 Veg Meatloaf with Veg Gravy(544)* Mashed Potato with Veg Gravy(55) Spinach(93) Wheat Bread(135) Fresh Banana(1)  <b>698 cals; 983mg sodium</b>	<i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; 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.