

ELDER NUTRITION PROGRAM

Barnstable County AUGUST 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
		<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u> <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>	1 Omelet w/Mozzarella(472) Peppers & Onions(21) Potato Wedges(15) Apple-Cinnamon Muffin(120) Mandarins in tray(6) 740 cals; 789mg sodium
4 Chicken with Mushroom Cream Sauce(382) Roast Potato(113) Brussels Sprouts & Carrots(41) Wheat Roll(135) Pudding(135) 702 cals; 961mg sodium	5 <i>the Dog Days of Summer</i>	6 Potato Pollock(330) Rice & Beans(76) Spinach(93) Wheat Bread(135) 2 Fresh Clementines(1) Tartar Sauce pkt(85) 690 cals; 875mg sodium	7 COLD PLATE Mediterranean Salad with Diced Chicken, Quinoa, & Pesto(244) Zucchini Salad(119) Pita Bread(140) Fresh Banana(1) 838 cals; 659mg sodium	8 Stuffed Shells with Beef Bolognese & parm garnish(458) Green Beans with Red Pepper(20) Garlic Toast(270) Pears in tray(5) 706 cals; 908mg sodium
11 Chicken Cordon Royale(550)* Baked Potato(4) Butternut Squash(2) Wheat Bread(135) Applesauce Cup(15) Sour Cream pkt(9) 694 cals; 870mg sodium	12	13 Rst Turkey w/Gravy(467) Roast Sweet Potato(53) Mixed Veg(60) Wheat Roll(135) Lemon White Chocolate Cookie(100) MOD:Lorna Doones(147) 722 cals; 970mg sodium	14 Beef Stroganoff(263) Egg Noodles(4) Spinach with Red Pepper(73) Cornbread(180) Fresh Melon(15) 725 cals; 690mg sodium	15 Chicken "Pot Pie"(151) Broccoli(26) Biscuit(310) Peaches in tray(5) 762 cals; 647mg sodium
18 Diced Pork Spiced with Pears(64) Cheesy Mashed Potato(103) Spinach(93) Wheat Roll(135) Pound Cake(240) MOD:Lorna Doones(147) 730 cals; 790mg sodium	19	20 COLD PLATE Roast Beef & Swiss Cheese(286) Potato Salad(340) Tomato, Corn, & Red Pepper Salad(131) Hawaiian Burger Bun(120) Fresh Banana(1) Mayo pkt(55) 858 cals; 1088mg sodium	21 Chicken Cacciatore(503)* Pasta(5) California Veg(34) Garlic Toast(270) Fresh Fruit in Season(15) 674 cals; 982mg sodium	22 Shrimp with Creamy Cajun Sauce(501)* Rice & Beans(76) Mixed Veg(60) Wheat Bread(135) Pineapple in tray(1) 659 cals; 928mg sodium
25 Beef Fajita Bowl(274) Rice(24) Green Beans(20) Tortilla(170) Peach Cup(5) 706 cals; 648mg sodium	26	27 Chicken Marsala(396) Roast Sweet Potato(53) Zucchini(20) Wheat Bread(135) Lorna Doones(147) <i>for both reg & MOD</i> 736 cals; 906mg sodium	28 Lasagna with Turkey Bolognese & parm(543)* Broccoli(26) Wheat Roll(135) Fresh Banana(1) 665 cals; 860mg sodium	29 Homemade Meatloaf with Gravy(252) Mashed Potato with Gravy(55) Peas & Carrots(66) Wheat Bread(135) Mango in tray(0) 719 cals; 663mg 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.