

ELDER NUTRITION PROGRAM

Barnstable County AUGUST 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
		<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 cal; 789mg sodium
4 Veg Chik'n w/ Mushroom Cream Sauce(462) Roast Potato(113) Brussels Sprouts & Carrots(41) Wheat Roll(135) Pudding(135) 783 cal; 1041mg sodium	5 <i>the Dog Days of Summer</i>	6 Kelp Nuggets(440) Rice & Beans(76) Spinach(93) Wheat Bread(135) 2 Fresh Clementines(1) Tartar Sauce pkt(85) 750 cal; 985mg sodium	7 COLD PLATE Mediterranean Salad with Falafel & Quinoa(338) Zucchini Salad(119) Pita Bread(140) Fresh Banana(1) 684 cal; 753mg sodium	8 Stuffed Shells with Lentil Bolognese & parm garnish(433) Green Beans with Red Pepper(20) Garlic Toast(270) Pears in tray(5) 733 cal; 883mg sodium
11 Veg Sausage with Veg Gravy(547)* Baked Potato(4) Butternut Squash(2) Wheat Bread(135) Applesauce Cup(15) Sour Cream pkt(9) 624 cal; 868mg sodium	12	13 Roast Tofu with Veg Gravy(69) Roast Sweet Potato(53) Mixed Veg(60) Wheat Roll(135) Lemon White Chocolate Cookie(100) 751 cal; 572mg sodium	14 Veg Meatball Stroganoff(578)* Egg Noodles(4) Spinach with Red Pepper(73) Cornbread(180) Fresh Melon(15) 735 cal; 1005mg sodium	15 Chickpea "Pot Pie"(172) Broccoli(26) Biscuit(310) Peaches in tray(5) 750 cal; 668mg sodium
18 Tofu Spiced with Pears(28) Cheesy Mashed Potato(103) Spinach(93) Wheat Roll(135) Pound Cake(240) 727 cal; 754mg sodium	19	20 COLD PLATE 2 sl. Swiss Cheese with Crispy Apple Slices(81) Potato Salad(340) Tomato, Corn, & Red Pepper Salad(131) Hawaiian Burger Bun(120) Fresh Banana(1) Mayo pkt(55) 930 cal; 883mg sodium	21 Veg Sausage Cacciatore(588)* Pasta(5) California Veg(34) Garlic Toast(270) Fresh Fruit in Season(15) 631 cal; 1063mg sodium	22 Veg Chik'n with Creamy Cajun Sauce(452) Rice & Beans(76) Mixed Veg(60) Wheat Bread(135) Pineapple in tray(1) 759 cal; 878mg sodium
25 Veg Fajita Bowl(508)* Rice(24) Green Beans(20) Tortilla(170) Peach Cup(5) 684 cal; 882mg sodium	26 AUGUST 26TH NATIONAL DOG DAY	27 Veg Chik'n Marsala(396) Roast Sweet Potato(53) Zucchini(20) Wheat Bread(135) Lorna Doones(147) 817 cal; 987mg sodium	28 Lasagna with Lentil Bolognese & parm(525)* Broccoli(26) Wheat Roll(135) Fresh Banana(1) 720 cal; 842mg sodium	29 Veg Meatloaf with Veg Gravy(544)* Mashed Potato with Veg Gravy(55) Peas & Carrots(66) Wheat Bread(135) Mango in tray(0) 677 cal; 956mg 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.