

# ELDER NUTRITION PROGRAM

**Barnstable County SEPTEMBER 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
<b>1 SITES CLOSED</b> 	<b>2</b> <i>It's National Healthy Aging Month - Below are two famous living baseball greats</i>	<b>3</b> Beef Chili(340) Corn(19) Green Beans(20) Wheat Roll(135) 2 Fresh Clementines(1) <b>726 cal; 670mg sodium</b>	<b>4</b> Salmon with Creamy Dill Sauce(183) Wild Rice Blend(93) California Veg(34) Wheat Bread(135) Fresh Banana(1) <b>759 cal; 601mg sodium</b>	<b>5</b> Pasta Primavera with Chicken(141) Spinach(93) Garlic Bread(270) Mango(0) <b>710 cal; 659mg sodium</b>
<b>8</b> Braised Beef w/Veg(70) Roast Potato(113) Carrots(56) Wheat Roll(135) Lemon White-Chocolate Cookie(100) MOD:Lorna Doones(147) <b>759 cal; 629mg sodium</b>	<b>9</b> <b>Sandy Koufax</b> age 89	<b>10</b> Chicken Bruschetta(226) Orzo(5) Broccoli(26) Garlic Bread(270) Fresh Banana(1) <b>727 cal; 683mg sodium</b>	<b>11 COLD PLATE</b> Egg Salad w/Chives(287) Tomato, Corn, & Peppers Salad(131) Zucchini Salad(119) Hawaiian Burger Bun(120) Fresh Apple(1) <b>906 cal; 813mg sodium</b>	<b>12</b> Roast Turkey with Gravy(537)* Mash. Potato w/Gravy(64) California Veg(34) Cranberry-Orange Snack Loaf(120) Peaches in tray(5) <b>683 cal; 915mg sodium</b>
<b>15</b> Chicken Piccata(382) Roast Sweet Potato(53) Green Beans(20) Wheat Bread(135) Fruited Yogurt(75) <b>730 cal; 820mg sodium</b>	<b>16</b> <b>Carl Yastrzemski</b> age 85	<b>17</b> Diced Pork with Mustard-Wine Sauce(226) Rice & Beans(76) California Veg(34) Wheat Bread(135) Fresh Apple(1) <b>738 cal; 627mg sodium</b>	<b>18</b> Ravioli w/ Lemon-Ricotta Parm Sauce(390) Broccoli(26) Wheat Roll(135) Lorna Doones(147) <i>for both reg &amp; MOD dessert</i> <b>747 cal; 853mg sodium</b>	<b>19</b> Beef Stew(154) Corn w/ Red Pepper(19) Biscuit(310) Pineapple in tray(1) <b>764 cal; 639mg sodium</b>
<b>22 ROSH HASHANAH</b> Harvest Roast Chicken with Apple Chutney(256) Mixed Root Veg(65) Beets & Greens(121) Wheat Roll(135) Mini Apple Bites(160) MOD: Small Chocolate Chip Cookie(70) <b>796 cal; 892mg sodium</b>	<b>23</b> <b>SHANAH TOVAH</b>	<b>24</b> Omelet with Monterey Jack Cheese(411) Sweet Potato Puffs(202) Zucchini(5) Wheat Bread(135) 2 Fresh Clementines(1) <b>706 cal; 909mg sodium</b>	<b>25</b> Homemade Meatloaf with Gravy(252) Mashed Potato with Gravy(55) Spinach(93) Wheat Roll(135) Fresh Banana(1) <b>740 cal; 691mg sodium</b>	<b>26</b> Seafood Cajun Pasta(432) Broccoli(26) Garlic Bread(270) Pears in tray(5) <b>703 cal; 888mg sodium</b>
<b>29</b> Beef Stroganoff(263) Egg Noodles(4) Brussels Sprouts & Carrots(43) Wheat Bread(135) Banana Cake(260) MOD:Lorna Doones(147) <b>828 cal; 860mg sodium</b>	<b>30</b> 	<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>	<b>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.</b>	

**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.