

ELDER NUTRITION PROGRAM**Barnstable County SEPTEMBER 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
1 SITES CLOSED 	2 <i>It's National Healthy Aging Month - Below are two famous living baseball greats</i>	3 Southwest Bean Chili(425) Corn(19) Green Beans(20) Wheat Roll(135) 2 Fresh Clementines(1) 629 cal; 755mg sodium	4 Veg Chik'n with Creamy Dill Sauce(409) Wild Rice Blend(93) California Veg(34) Wheat Bread(135) Fresh Banana(1) 810 cal; 827mg sodium	5 Veg Carbonara(470) Spinach(93) Garlic Bread(270) Mango(0) 727 cal; 988mg sodium
8 Braised Beans with Veg(165) Roast Potato(113) Carrots(56) Wheat Roll(135) Lemon White-Chocolate Cookie(100) 719 cal; 724mg sodium	9 Sandy Koufax age 89	10 Veg Chik'n Bruschetta(307) Orzo(5) Broccoli(26) Garlic Bread(270) Fresh Banana(1) 808 cal; 764mg sodium	11 COLD PLATE Egg Salad w/Chives(287) Tomato, Corn, & Peppers Salad(131) Zucchini Salad(119) Hawaiian Burger Bun(120) Fresh Apple(1) 906 cal; 813mg sodium	12 Veg Sausage with Veg Gravy(547)* Mash. Potato w/Gravy(64) California Veg(34) Cranberry-Orange Snack Loaf(120) Peaches in tray(5) 718 cal; 925mg sodium
15 Veg Chik'n Piccata(463) Roast Sweet Potato(53) Green Beans(20) Wheat Bread(135) Fruited Yogurt(75) 811 cal; 901mg sodium	16 Carl Yastrzemski age 85	17 Tofu with Mustard-Wine Sauce(182) Rice & Beans(76) California Veg(34) Wheat Bread(135) Fresh Apple(1) 714 cal; 583mg sodium	18 Ravioli w/ Lemon-Ricotta Parm Sauce(390) Broccoli(26) Wheat Roll(135) Lorna Doones(147) 747 cal; 853mg sodium	19 Lentil Stew with potato, peas, & carrots(87) Corn w/ Red Pepper(19) Biscuit(310) Pineapple in tray(1) 711 cal; 572mg sodium
22 ROSH HASHANAH Harvest Roast Tofu with Apple Chutney(27) Mixed Root Veg(65) Beets & Greens(121) Wheat Roll(135) Mini Apple Bites(160) 770 cal; 663mg sodium	23 <i>Have a good year!</i> SHANAH TOVAH	24 Omelet with Monterey Jack Cheese(411) Sweet Potato Puffs(202) Zucchini(5) Wheat Bread(135) 2 Fresh Clementines(1) 706 cal; 909mg sodium	25 Veg Meatloaf with Veg Gravy(544)* Mashed Potato with Gravy(55) Spinach(93) Wheat Roll(135) Fresh Banana(1) 698 cal; 983mg sodium	26 Cajun Veg Chik'n with Pasta(457) Broccoli(26) Garlic Bread(270) Pears in tray(5) 785 cal; 913mg sodium
29 Veg Meatball Stroganoff(578)* Egg Noodles(4) Brussels Sprouts & Carrots(43) Wheat Bread(135) Banana Cake(260) 838 cal; 1175mg sodium	30 		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>	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.

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.