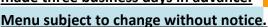
ELDER NUTRITION PROGRAM

Barnstable County

NOVEMBER 2025

Reservations & Cancellations must be made three business days in advance.





Main Office in S. Dennis: 508-394-4630



MONDAY 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. * indicates item with

Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35

TUESDAY



Roasted Tofu with Veg Gravy(69) Butternut Squash(7) Brussels Sprouts(29) Wheat Bread(135) Lemon White-Chocolate Cookie(100)

more than 500mg sodium

NATIONAL CANDY DAY

Veg Chik'n with Creamy Balsamic Sauce(367) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(135)

Lentil Bolognese & parm garnish(504)* California Veg(34) Wheat Bread(135) Fresh Banana(1)

Cheese Lasagna with

Veg Meatball Stroganoff(578)* Egg Noodles(4) Spinach with Red Pepper(73) Cornbread(180) Mango in tray(0)

685 cals; 495mg sodium

11 Veg Sausage Spiced with Apples(507)* Roast Sweet Potato(53)

Peas(79)

Wheat Roll(135) Fruited Yogurt(75)

10

752 cals; 731mg sodium 690 cals; 829mg sodium

2 Fresh Clementines(1)

Tofu Bruschetta(25) Baked Potato(4) California Veg(34) Garlic Bread(270) Fresh Banana(1) Sour Cream pkt(9)

Veg Meatloaf with Veg Gravy(563)* Mashed Potato with Veg Gravy(44) Carrots(56) Wheat Roll(135) Lorna Doones(147) 749 cals; 990mg sodium Veg Chik'n Florentine(372) Orzo(5) Broccoli with Red Pepper(26) Cornbread(180) Pears in tray(5)

685 cals; 1004mg sodium

Omelet with Provolone Cheese(399) LS Potato Wedges(15) Spinach with Red Pepper(73) Cranberry Orange Snack Loaf(120) Peach Cup(5)

18

Happy 97th **Birthday**

716 cals; 498mg sodium 716 cals; 1100mg sodium 776 cals; 743mg sodium Lentil Stew with potato, peas, & carrots(87)

Brussels Sprouts(29) Biscuit(310) Pudding(135)

Veg Chik'n with Veg Gravy(348) Stuffing garnish(244) Mashed Potato with Veg Gravy(53) Broccoli with Red Pepper(26)

Wheat Roll(135)

Fresh Banana(1)

White Beans with Sage Cream Sauce(310) 2 Pumpkin/Butternut & 1 Cheese Ravioli(136) California Veg(34) Wheat Bread(135) Cinnamon Apple Slices in tray(10)

767 cals; 767mg sodium

Mickey Mouse

25

739 cals; 716mg sodium | 712 cals; 962mg sodium | 737 cals; 780mg sodium |

24

Veg Sausage with Onion & Pepper Sauce(550)* Veggie Rice Pilaf(46) Green Beans(20) Wheat Bread(135) Lorna Doones(147)

716 cals; 1053mg sodium

26 Veg Chik'n Anna Maria(457) Polenta(16) Peas & Carrots(68)

Wheat Bread(135) 2 Fresh Clementines(1)

775 cals; 832mg 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.