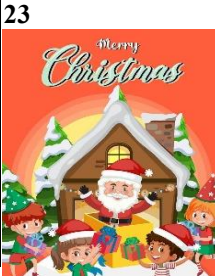


ELDER NUTRITION PROGRAM**Barnstable County DECEMBER 2025****Reservations & Cancellations must be made three business days in advance.****Menu subject to change without notice.****Main Office in S. Dennis: 508-394-4630**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheddar Burger(337) LS Potato Wedges(15) Spinach/Red Pepper(73) Hawaiian Burger Bun(120) Peach Cup(5) Ketchup pkt(82) 768 cal; 787mg sodium	2 	3 Pollock Piccata(317) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(150) Lorna Doones(147) for reg & MOD dessert 737 cal; 842mg sodium	4 Diced Pork with Mustard Wine Sauce(358) Tater Tots(230) California Veg(34) Wheat Bread(150) Fresh Pear(2) 779 cal; 929mg sodium	5 Chicken Strips Fajita Bowl(630)* Rice & Beans(100) Broccoli(26) 1 Tortilla(170) Mango in tray(0) 744 cal; 1081mg sodium
8 Thai-Coconut Beef(102) Edamame & Corn(21) Peas(79) Hawaiian Dinner Roll(80) Lemon White-Chocolate Cookie(100) MOD:Lorna Doones(147) 990 cal; 537mg sodium	9 	10 Deconstructed Chicken Pot Pie(185) Broccoli(26) Biscuit(310) Fresh Banana(1) 768 cal; 677mg sodium	11 Omelet with Mozzarella(472) Home Fries with Peppers & Onions(63) Stewed Tomatoes(252) Blueberry Snack Loaf(160) 2 Fresh Clementines(1) 723 cal; 1103mg sodium	12 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(98) Spinach(93) Wheat Bread(150) Apple Slices in tray(10) 750 cal; 883mg sodium
15 Lemon Herb Chicken(288) Potato Latkes(370) Brussels Sprouts & Carrots(43) Wheat Roll(150) Fudge Cookie(80) MOD:Lorna Doones(147) Sour Cream packet(9) 808 cal; 1095mg sodium	16 	17 Salmon with Pesto Cream Sauce(289) Mashed Butternut(7) Peas(79) Wheat Bread(150) 2 Fresh Clementines(1) 724 cal; 681mg sodium	18 Beef Stroganoff(241) Egg Noodles(4) California Veg(34) Wheat Roll(150) Fresh Banana(1) 790 cal; 585mg sodium	19 Ham with Pineapple-Raisin Sauce(724)* Mashed Potato(21) Spinach/Red Pepper(73) Hawaiian Dinner Roll(80) Cinnamon Apple Slices in tray(10) 628 cal; 1063mg sodium
22 Roast Turkey with Gravy(648)* Roast Sweet Potato(53) Mixed Veg(60) Wheat Bread(150) Pear Cup(5) 653 cal; 1071mg sodium	23 	24 Pot Roast with Gravy(326) Baked Potato(4) Mixed Root Veg(65) Wheat Roll(150) Pudding(135) for all Sour Cream pkt(9) 732 cal; 844mg sodium	25 SITES CLOSED 	26 Chicken Cordon Royale(550)* Vegetable Rice Pilaf(46) Broccoli(26) Wheat Bread(150) Pineapple in tray(1) 742 cal; 928mg sodium
29 Diced Pork w/ Rosemary-Garlic Sauce(225) Cheesy Mashed Potato(68) Green Beans with Red Pepper(20) Wheat Roll(150) Peach Cup(5) 753 cal; 623mg sodium	30 	31 Chicken Filet with Creole Sauce(338) Black Beans, Corn, & Red Pepper(91) Beets & Collards(117) Cornbread mini loaf(180) 0.75 oz Oatmeal Cookie(105) for all 702 cal; 986mg sodium	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 more than 500mg sodium	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35

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.