

ELDER NUTRITION PROGRAM

Barnstable County **AUGUST 2026**

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

Menu subject to change without notice.



Elder Services
of Cape Cod and the Islands



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheeseburger(390) <u>American cheese</u> <u>Black Beans</u> , Corn, & Red Pepper(91) Spinach(93) Hawaiian Burger Bun(120) Fudge Cookie(80) MOD:Lorna Doones(147) Ketchup pkt(82) 756 cal; 1011mg sodium	4 	5 Potato Pollock(330) Roast Sweet Potato(53) Broccoli(26) Wheat Roll(150) 2 Fresh Clementines(1) Tartar Sauce pkt(85) 703 cal; 800mg sodium	6 COLD PLATE Mediterranean Salad with <u>diced chicken</u> , quinoa, pesto, & veg(264) Shaved Brussels Sprouts Salad(11) Wheat Bread(150) Fresh Banana(1) 806 cal; 581mg sodium	7 Pork Lo Mein with Noodles(396) California Veg(34) Mini Cornbread Loaf(180) Pineapple in tray(1) 720 cal; 766mg sodium
10 Turkey Chili(281) <u>beans</u> Corn(19) Green Beans(20) Wheat Bread(150) Chocolate Cake(182) MOD:Lorna Doones(147) 882 cal; 807mg sodium	11 	12 COLD PLATE Roast Beef & Provolone on Romaine(350) Potato Salad(340) Pickled Cabbage Slaw(10) Hawaiian Burger Bun(120) Fresh Apple(1) Mayo pkt(55) 780 cal; 1031mg sodium	13 Chicken Thigh <u>Saltimbocca(333) ham</u> Mashed Potato(22) Mixed Veg(60) Wheat Roll(150) Fresh Banana(1) 734 cal; 721mg sodium	14 Cajun White Fish(342) Brown Rice & <u>Beans(57)</u> Broccoli(26) Wheat Bread(150) Pears in tray(5) 669 cal; 735mg sodium
17 Lemon Ricotta <u>Chicken strips(480)</u> Roast Sweet Potato(53) Green Beans with Red Pepper(20) Garlic Bread(270) <u>Applesauce Cup(15)</u> 796 cal; 993mg sodium	18 	19 Shrimp Abruzzi(488) Orzo(4) Peas & Carrots(68) Wheat Bread(150) Lorna Doones(147) <i>for both reg & MOD</i> 680 cal; 1012mg sodium	20 COLD PLATE HIGH SODIUM MEAL Chef Salad w/ 1 oz ham , 1 oz Amer. cheese , & 1 hard-boiled egg(556)* <u>Three Bean Salad(218)</u> Wheat Roll(150) ~ 1.14 oz Pound Cake w/ Blueberries(151) in tray Ranch Dressing pkt(94) 775 cal; 1324mg sodium	21 Homemade Meatloaf w/ Gravy(377) <u>grd beef</u> Mashed Potato with Gravy(99) Spinach(93) Wheat Bread(150) Peaches in tray(5) 756 cal; 879mg sodium
24 Swiss Cheese Omelet(336) Home Fries with Peppers & Onions(63) Stewed Tomatoes(252) Cranberry-Orange Snack Loaf(120) Yogurt(75) 741 cal; 1001mg sodium	25 	26 COLD PLATE <u>Diced Chicken Salad w/</u> Grapes on Romaine(162) Artichoke-Couscous Salad(138) Zucchini Salad(119) Croissant(199) Fresh Pear(2) 839 cal; 775mg sodium	27 Beef Stroganoff(241) Egg Noodles(4) Beets & Greens(117) Wheat Bread(150) 2 Fresh Clementines(1) 789 cal; 668mg sodium	28 Roast Turkey with Gravy(578)* Mash. Potato/Gravy(101) California Veg(34) Mini Cornbread Loaf(180) Pears in tray(5) 667 cal; 1053mg sodium
31 Pork with Mustard-Wine Sauce(271) Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Pudding(135) Sour Cream pkt(9) 787 cal; 784mg sodium		 August	<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>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates items with more than 500mg sodium