

ELDER NUTRITION PROGRAM**Barnstable County AUGUST 2026****Reservations & Cancellations must be made three business days in advance.****Menu subject to change without notice.****Main Office in S. Dennis: 508-39**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 HIGH SODIUM MEAL Kelp Cheeseburger(600)* <u>American cheese</u> <u>Black Beans, Corn, &</u> Red Pepper(91) Spinach(93) Hawaiian Burger Bun(120) Fudge Cookie(80) Ketchup pkt(82) 816 cal; 1221mg sodium	4 	5 Vegan Chik'n with Veg Gravy(518)* Roast Sweet Potato(53) Broccoli(26) Wheat Roll(150) 2 Fresh Clementines(1) 777 cal; 989mg sodium	6 COLD PLATE <u>Mediterranean Salad</u> <u>with beans, quinoa,</u> pesto, veg, & feta(449) Shaved Brussels Sprouts Salad(11) Wheat Bread(150) Fresh Banana(1) 834 cal; 766mg sodium
10 <u>Three-Bean Chili with</u> Shredded Cheese(544)* Corn(19) Green Beans(20) Wheat Bread(150) Chocolate Cake(182) 886 cal; 1070mg sodium	11 	12 COLD PLATE 2 oz Provolone & Cuke Slices on Romaine(234) Potato Salad(340) Pickled Cabbage Slaw(10) Hawaiian Burger Bun(120) Fresh Apple(1) Mayo pkt(55) 821 cal; 915mg sodium	13 Veg Sausage with Veg Gravy(658)* Mashed Potato(22) Mixed Veg(60) Wheat Roll(150) Fresh Banana(1) 659 cal; 1046mg sodium
17 Lemon Ricotta Tofu(82) Roast Sweet Potato(53) Green Beans with Red Pepper(20) Garlic Bread(270) <u>Applesauce Cup(15)</u> 733 cal; 595mg sodium	18 	19 Vegan Chik'n Abruzzi(498) Orzo(4) Peas & Carrots(68) Wheat Bread(150) Lorna Doones(147) 820 cal; 1021mg sodium	20 COLD PLATE <u>Chef Salad with 1 oz</u> <u>American cheese &</u> <u>1.5 hard-boiled egg(394)</u> <u>Three Bean Salad(218)</u> Wheat Roll(150) <u>~ 1.14 oz Pound Cake w/</u> <u>Blueberries(151) in tray</u> Ranch Dressing pkt(94) 783 cal; 1162mg 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>Egg Salad with Chives</u> on Romaine(288) Artichoke-Couscous Salad(138) Zucchini Salad(119) Croissant(199) Fresh Pear(2) 914 cal; 901mg sodium	27 Veg Meatball Stroganoff(638)* Egg Noodles(4) Beets & Greens(117) Wheat Bread(150) 2 Fresh Clementines(1) 782 cal; 1065mg sodium
31 HIGH SODIUM MEAL Veg Sausage with Mustard- Wine Sauce(695)* Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Pudding(135) Sour Cream pkt(9) 741 cal; 1001mg 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.</i>

August

765 cals; 1208mg sodium



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4-4630



FRIDAY

7

Tofu Lo Mein with
Noodles(342)

California Veg(34)
Mini Cornbread Loaf(180)
Pineapple in tray(1)

686 cal; 712mg sodium

14

Cajun Vegan Chik'n(522)*

Brown Rice & Beans(57)

Broccoli(26)
Wheat Bread(150)
Pears in tray(5)

829 cal; 915mg sodium

21

**Veg Meatloaf with
Veg Gravy(625)***

Mashed Potato with
Gravy(99)
Spinach(93)
Wheat Bread(150)
Peaches in tray(5)

682 cal; 1127mg sodium

28

Roast Tofu with
Veg Gravy(180)
Mash. Potato/Gravy(101)
California Veg(34)

Mini Cornbread Loaf(180)
Pears in tray(5)

695 cal; 655mg sodium

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

| *indicates items with

more than 500mg sodium