

ELDER NUTRITION PROGRAM

Barnstable County **MAY 2019**

Reservations & Cancellations must be

made two business days in advance.



access / service / advocacy

Menu subject to change without notice.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75 <i>* indicates item w/ more than 500mg sodium.</i>	<i>In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.</i>	1 Fish with Parmesan Cream Sauce(496) Tomato-Braised Potato(38) Green Peas(82) Multigrain Bread(150) Lemon Square(105) for both regular & MOD	2 Hot Veg. Pinwheel Sandwich(470) 2 oz Beef with Gravy(49) Peas & Carrots(74) Applesauce(13) Yogurt(75)	3 Pulled Pork with Maple-Mustard Sauce(350) Veg. Baked Beans(140) Collard Greens(50) Mini Kaiser Roll(200) Fresh Banana(1)
		820 cal; 1009mg sodium	810 cal; 819mg sodium	646 cal; 879mg sodium
6 Chicken Breast with Scarpiello Sauce(387) Mashed Potato(135) Broccoli(12) Whole Wheat Roll(180) Fresh Pear(2)	7 COLD PLATE Tuna Salad(125) Carrot Raisin Salad(33) Three Bean Salad(146) Mini Kaiser Roll(200) Strawberry Cup(0)	8 Omelet with Provolone Cheese(399) Zucchini & Tomatoes(40) French Toast Sticks(320) Diet Syrup(30) Mandarin Oranges(7) Yogurt(75)	9 Pot Roast with Gravy(63) Baked Potato(6) Sour Cream(13) Spring Veg Blend(65) Pumpernickel Bread(280) Raspberry Cookie(195) MOD: Graham Crax(85)	10 Lasagna(290) with Meat Sauce(73) Parmesan Cheese(55) Brussels Sprouts(17) Whole Wheat Roll(180) Hot Cinn Peaches(64)
647 cal; 853mg sodium	808 cal; 642mg sodium	792 cal; 1010mg sodium	844 cal; 760mg sodium	715 cal; 816mg sodium
13 Breaded Pollock(190) Tartar Sauce(130) Apple-Butternut Sq.(4) Green Beans w/Caul.(5) Pumpernickel Bread(280) Yogurt(75)	14 Baja Chicken with corn, black beans, cheddar, & salsa(680)* Herbed Brown Rice(14) California Veg Blend(30) Wheat Bread(150) Fresh Apple(2)	15 Stuffed Shells(390) with Meat Sauce(73) Parmesan Cheese(55) Broccoli(12) 1 oz Italian Bread(190) Fruit Crunch Bar(80) MOD: Cinnamon Bites(71)	16 Roast Pork with Raisin-Pineapple Sauce(58) Roast Sweet Potato(41) Diced Beets(173) Oatmeal Bread(150) Fresh Pear(2)	17 Homemade Meatloaf with Gravy(150) Cheddar Mashed Potato(265) Spinach(110) Snack Loaf(115) Fresh Orange(0)
715 cal; 822mg sodium	671 cal; 1013mg sodium	819 cal; 937mg sodium	776 cal; 561mg sodium	849 cal; 777mg sodium
20 holiday meals delivery Chicken-Broccoli-Penne Alfredo(630)* Fiesta Veg Blend(15) Multigrain Bread(150) Hot Cinn Peaches(64)	21 Omelet with Swiss Cheese(333) Pork Sausage Patty(266) Roast Potato(6) Stewed Tomatoes(251) Oatmeal Bread(150) Strawberry Cup(0)	22 Roast Turkey with Gravy(662)* Cranberry Sauce(4) Whipped Yams(31) Broccoli with Caul.(14) Wheat Bread(150) Fig Bar(35) MOD: Graham Crax(85)	23 SOUP & SALAD Soup (cong 42; HDM 293) Spinach-Mandarin Salad with Grilled Salmon(269) Ital. Salad Dressing(20) Greek Orzo Salad(95) Multigrain Bread(150) Brownie(100); MOD:Vanilla Bites(50)	24 Italian Pot Roast(191) Tater Tots(341) Italian Green Beans(3) Whole Wheat Roll(180) Fresh Apple(2)
712 cal; 996mg sodium	799 cal; 1143mg sodium	755 cal; 1033mg sodium	784 cal; 814mg sodium	736 cal; 855mg sodium
27 SITES CLOSED 	28 Shredded Beef with Valdostano Sauce(543)* Roast Sweet Potato(41) Country Style Veg(40) Wheat Bread(150) Fresh Banana(1)	29 Tuscan Fish(320) Baked Potato(6) Sour Cream(13) Spring Veg Blend(65) Oatmeal Bread(150) Cupcake(170) MOD:Lorna Doones(100)	30 Chicken Breast with Bruschetta topping(325) Barley Pilaf with Carrots(112) Green Beans(3) Pumpernickel Bread(280) Fresh Apple(2)	31 Roast Pork with Apple-Cider Gravy(92) Garlic Mashed Potato(135) Chef's Choice Veg(51) Corn Muffin(280) Fresh Orange(0)
	717 cal; 913mg sodium	743 cal; 861mg sodium	628 cal; 860mg sodium	796 cal; 696mg 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 107mg sodium.