

ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 2019



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

Menu subject to change without notice.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SITES CLOSED 	3 Beef Tips with Mushroom Gravy(112) Baked Potato(6) Sour Cream(13) Green Peas(82) Pumpernickel Bread(280) Pumpkin Cookie(139) MOD: Grahams(85) 929 cal; 770mg sodium	4 Pulled Pork with Tomato-Pepper Salsa(404) Brown Rice & Chick Peas(79) Riviera Veg Blend(5) Mini Kaiser Roll(200) Hi-Pro Yogurt(51) 674 cal; 877mg sodium	5	6 Chicken with Honey-Ginger Sauce(451) Asian Dumplings(384) Asian Veg Blend(25) Whole Wheat Roll(180) Fresh Nectarine or other stone fruit(0) 668 cal; 1177mg sodium
9 Hot Veg Pinwheel(470) <i>(counts as bread)</i> Turkey Stew(330) Fresh Orange(0) Hi-Pro Yogurt(51) 740 cal; 988mg sodium	10 Omelet with Swiss Cheese(296) Peppers & Onions(2) 2 Pancakes(313) Diet Syrup(30) Mixed Fruit(10) Fruit Crunch Bar(80) MOD:Lemon Square(105) 882 cal; 870mg sodium	11 Chicken Scaloppini(351) Roast Sweet Potato(41) Peas & Corn(42) Pumpernickel Bread(280) Fresh Peach or other stone fruit(0) 672 cal; 851mg sodium	12	13 COLD PLATE Tuna Salad(125) German Potato Salad(11) Carrot-Pineapple Salad(105) Mini Kaiser Roll(200) Fresh Banana(1) 800 cal; 580mg sodium
16 Glazed Chicken Drumstick(290) Baked Potato(6) Sour Cream(13) Brussels Sprouts(17) Oatmeal Bread(150) Fig Bar(35) MOD: Oatmeal Bar(85) 812 cal; 648mg sodium	17 Pasta & Meatballs with Marinara Sauce(308) Parm Cheese(55) Italian Veg Blend(19) 1/2-slice Italian Bread(190) Fresh Banana(1) 681 cal; 711mg sodium	18 Salmon with Newburg Sauce(355) Ratatouille with Lentils(235) Whole Wheat Roll(180) Fresh Orange(0) 661 cal; 907mg sodium	19	20 Homemade Meatloaf with Gravy(155) Garlic Mashed Potato(135) Broccoli(12) Corn Muffin(280) Fresh Apple(2) 778 cal; 721mg sodium
23 Breaded Pollock(190) Tartar Sauce(130) Roast Sweet Potato(41) Diced Beets(173) Multigrain Bread(150) Hi-Pro Yogurt(51) 774 cal; 873mg sodium	24 COLD PLATE Soup(cong 42; HDM 293) Chicken Salad(72) 3-Bean Salad with Chick Peas(82) Cole Slaw(47) Croissant(280) Melon(15) 784 cal; 926mg sodium	25 Roast Turkey with Gravy(662)* Cranberry Sauce(4) Apple-Butternut Sq.(4) Cauliflower(17) Wheat Bread(150) Cupcake(170) MOD: Oatmeal Bar(85) 714 cal; 1144mg sodium	26	27 Spanish Pot Roast(97) Tater Tots(341) Chef's Choice Veg(51) Snack Loaf(115) Fresh Orange(0) 770 cal; 742mg sodium
30 Beef Chili(626)* Brown Rice & Orzo(56) Broccoli(12) Oatmeal Bread(150) Fresh Apple(2) 682 cal; 984mg sodium	Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75 * indicates item w/ more than 500mg sodium.	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.		

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.