

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 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
		<p>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75</p> <p><i>* indicates item w/ more than 500mg sodium.</i></p>	<p><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></p>	<p>1 Omelet with Mozzarella Cheese(380) Corned Beef Hash(297) Spinach(110) Snack Loaf(115) Fresh Orange(0)</p>
<p>4 Chicken with Scarpariello Sauce(387) Italian Roast Potato(6) Brussels Sprouts(17) Whole Wheat Roll(180) Pudding(190) MOD: Applesauce(14)</p>	<p>5 Lasagna with Meat Sauce(363) Parm Cheese(55) Winter Veg(14) Whole Wheat Roll(180) Hot Cinn Pears(64)</p>	<p>6 Pollock with Orange-Lime Sauce(258) Baked Potato(6) Sour Cream(13) Stewed Tomatoes(251) Oatmeal Bread(150) Fruited Crunch Bar(80) MOD: Grahams(85)</p>	<p>7</p>	<p>8 Homemade Meatloaf with Gravy(155) Mashed Potato(135) Green Beans(3) Corn Muffin(280) Fresh Apple(2)</p>
765 cal; 917mg sodium	701 cal; 813mg sodium	820 cal; 895mg sodium		790 cal; 712mg sodium
<p>11 SITES CLOSED</p>	<p>12 BBQ Pork Patty(280) Baked Beans(440) Country Style Veg(40) LS Hamburger Roll(90) Fresh Orange(0)</p>	<p>13 Chicken Cacciatore over Spiral Pasta(481) Riviera Veg(5) Multigrain Bread(150) Raspberry Cookie(195) MOD: Oatmeal Bar(85)</p>	<p>14</p>	<p>15 Pot Roast with Gravy(68) Sweet Potato Wedges(267) Broccoli(12) Oatmeal Bread(150) Fresh Apple(2)</p>
Veteran's Day	617 cal; 988mg sodium	744 cal; 968mg sodium		714 cal; 637mg sodium
<p>18 Stuffed Shells with Meat Sauce(463) Parm Cheese(55) Peas(82) Multigrain Bread(150) Hot Cinn Peaches(64)</p>	<p>19 Chicken Marsala(414) Roast Potato(6) Chef's Choice Veg(51) Wheat Bread(150) Fresh Orange(0)</p>	<p>20 COLD PLATE Tomato Soup(226) <i>soup for cong only</i> Tuna Salad(125) Cole Slaw(56) 3-Bean Salad(82) Mini Kaiser Roll(200) Yogurt(75)</p>	<p>21</p>	<p>22 Roast Pork with Apple-Cider Gravy(92) Tater Tots(341) Collard Greens(57) Whole Wheat Roll(180) Fresh Banana(1)</p>
725 cal; 951mg sodium	624 cal; 758mg sodium	805 cal; 901mg sodium		859 cal; 809mg sodium
<p>25 Beef Tips with Fino-Thyme Gravy(125) Roast Sweet Potato(41) Green Beans(3) Oatmeal Bread(150) Raisins(4)</p>	<p>26 Rst Turkey w/Gravy & Stuffing Garnish(728)* Cranberry Sauce(4) Mashed Potato(135) Apple-Butternut Sq.(4) Multigrain Bread(150) Pumpkin Cookie(139) MOD: Lorna Doones(100)</p>	<p>27 Chicken Pasta Primavera(350) Broccoli(12) Wheat Bread(150) Cupcake(170) MOD: Oatmeal Bar(75)</p>	<p>28 SITES CLOSED</p>	<p>29 Sweet & Sour Meatballs over Brown Rice with Orzo(475) Asian Veg(25) Whole Wheat Roll(180) Hot Cinn Pears(64)</p>
852 cal; 461mg sodium	781 cal; 1297mg* sodium	888 cal; 820mg sodium		788 cal; 881mg sodium

NUTRITION INFO: Total calories (cal) & 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.