

**ELDER NUTRITION PROGRAM**

**Barnstable County FEBRUARY 2021**

**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><b>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75</b></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 &amp; have them with another meal or snack.</i></p>
<p><b>1</b> Chicken with Valdostano Sauce(499) Roast Potato(6) Peas &amp; Carrots(74) Oatmeal Bread(150) Fresh Apple(2)</p>	<p><b>2</b> Breaded Pollock(190) Tartar Sauce(85) Roast Sweet Potato(45) Cauliflower(17) Wheat Bread(150) Yogurt(75)</p>	<p><b>3</b> Sloppy Joe(420) Cheddar Mashed Potato(248) Country Style Veg(40) LS Hamburger Bun(90) Fresh Orange(0)</p>	<p><b>4</b> Roast Pork with Peach-Pineapple Salsa(54) Potato Wedges(260) Collard Greens(57) Pumpnickel Bread(280) Lemon Square(105) for reg &amp; MOD dessert</p>	<p><b>5</b> Stuffed Shells(390) with Meat Sauce(382)* Parm Cheese(55) Green Beans(3) Multigrain Bread(150) Hot Cinn Pears(6)</p>
<b>682 cal; 869mg sodium</b>	<b>697 cal; 700mg sodium</b>	<b>790 cal; 935mg sodium</b>	<b>800 cal; 894mg sodium</b>	<b>670 cal; 1124mg sodium</b>
<p><b>8</b> Meatball Stroganoff over Egg Noodles(349) Brussels Sprouts(17) Pumpnickel Bread(280) Hot Cinn Peaches(6)</p>	<p><b>9</b> Chicken with Scarpariello Sauce(382) Tomato Braised Potato(47) 4-way Mixed Veg(42) Oatmeal Bread(150) Yogurt(75)</p>	<p><b>10 Fish with Orange-Lime Sauce(188)</b> Brown Rice Pilaf with Peas &amp; Carrots(16) Diced Beets(173) Wheat Bread(150) Fig Bar(35) MOD: Grahams(85)</p>	<p><b>11</b> Lasagna(290) with Meat Sauce(382)* Parm Cheese(55) Italian Veg(19) Whole Wheat Roll(180) Hot Cinn Pears(6)</p>	<p><b>12</b> Spanish Pot Roast(464) Baked Potato(6) Sour Cream(9) Winter Veg(14) Corn Muffin(280) Fresh Orange(0)</p>
<b>737 cal; 790mg sodium</b>	<b>693 cal; 833mg sodium</b>	<b>743 cal; 699mg sodium</b>	<b>698 cal; 1070mg sodium</b>	<b>721 cal; 909mg sodium</b>
<p><b>15 SITES CLOSED</b></p>	<p><b>16</b> Chicken Cacciatore over Spiral Pasta(651)* Broccoli(12) Whole Wheat Roll(180) Hot Cinn Peaches(6)</p>	<p><b>17</b> Cheddar Omelet(424) Home Fries(6) Zucchini(2) Croissant(280) Fresh Orange(0)</p>	<p><b>18</b> Homemade Meatloaf with Gravy(202) Mashed Potato(165) Fiesta Veg(16) Multigrain Bread(150) Cookie Bites(71) for reg &amp; MOD dessert</p>	<p><b>19</b> Salmon with Lemon-Dill Sauce(119) Tater Tots(310) Spring Veg(65) Snack Loaf(160) Fresh Apple(2)</p>
	<b>651 cal; 987mg sodium</b>	<b>802 cal; 850mg sodium</b>	<b>796 cal; 740mg sodium</b>	<b>718 cal; 793mg sodium</b>
<p><b>22</b> Cheese Ravioli(317) with Bolognese Sauce(124) Green Beans with Cauliflower(7) Whole Wheat Roll(180) Hot Cinn Pears(6)</p>	<p><b>23</b> Sl. Turkey w/Gravy(522)* Cranberry Sauce(4) Baked Potato(6) Sour Cream(9) Apple-Butternut Sq.(4) Wheat Bread(150) Fresh Orange(0)</p>	<p><b>24</b> Chicken Aloha(347) Brown Rice(3) Asian Veg(43) Oatmeal Bread(150) Fruit Crunch Bar(80) MOD: Oatmeal Bar(85)</p>	<p><b>25</b> Italian Pot Roast(280) Cheddar Mashed Potato(248) California Veg(30) Whole Wheat Roll(180) Yogurt(75)</p>	<p><b>26</b> Fish Stew(367) Roast Sweet Potato(45) Biscuit(340) Hot Cinn Peaches(6)</p>
<b>739 cal; 772mg sodium</b>	<b>716 cal; 831mg sodium</b>	<b>797 cal; 761mg sodium</b>	<b>710 cal; 950mg sodium</b>	<b>621 cal; 896mg sodium</b>

**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.**