

ELDER NUTRITION PROGRAM

Barnstable County **MAY 2021**

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
3 Braised Beef with vegetables(117) Polenta(36) Green Beans with Red Peppers(6) Wheat Roll(135) Vanilla Pudding(130)	4 Lemon Pepper Pork Chop(386) Mashed Potatoes(32) Carrots(30) White Bread(150) Tropical Fruit Cup(0)	5 Chicken in Sage Cream Sauce(444) Sweet Potatoes(39) California Veg Blend(15) Wheat Roll(135) Key Lime Pie(95) MOD: Fruit (varies)	6 Whole Grain Cheese Lasagna(390) with Turkey Bolognese(177) Brussel Sprouts(21) Wheat Roll(135) Hot Cinnamon Pears(5) Parmesan Cheese(55)	7 Orange Glazed Salmon(191) Brown Rice(95) Broccoli(6) White Bread(150) Fresh Banana(1)
759 cal; 579mg sodium		774 cal; 753mg sodium		869 cal; 883mg sodium
705 cal; 938mg sodium			695 cal; 598mg sodium	
10 Chicken Cacciatore with Orzo(428) Cauliflower/Red Pep.(29) White Bread(150) Chocolate Pudding(135) MOD: Fruit(varies) Parmesan Cheese(55)	11 Breaded Catfish(350) Roasted Sweet Potatoes(78) Kale & Pepper Blend(18) White Bread(150) Fresh Banana(1) Tartar Sauce(85)	12 Pot Roast w/ Gravy(465) Mashed Potatoes(32) Green Peas(6) Wheat Roll(135) Fig Bar(35) MOD: Fruit(varies)	13 Cheesy Meatball Pasta Bake with Whole Grain Pasta(569)* Broccoli(6) Wheat Roll(135) Peach Cup(5)	14 BBQ Pulled Pork(661)* Mashed Butternut Squash(24) Beets & Greens(116) Wheat Roll(135) Mandarin Oranges(5)
749 cal; 952mg sodium		736 cal; 837mg sodium		818 cal; 828mg sodium
735 cal; 870mg sodium			679 cal; 1096mg sodium	
17 Salisbury Steak with Gravy(462) Baked Potato(17) Vegetable Medley(24) White Bread(150) Vanilla Pudding(130) Sour Cream(20)	18 Powerhouse Turkey Chili(281) with Whole Grain Biscuit(410) Green Beans with Red Peppers(6) Peach Cup(5)	19 Chicken Anna Maria(381) Egg Noodles(10) Stewed Tomatoes(169) Wheat Roll(135) Clementines(2)	20 Herb Crusted White Fish(136) Wild Rice(26) Broccoli & Peppers(6) White Bread(150) Fruit Yogurt(55)	21 Meatloaf w/ Gravy(198) Roasted Potatoes(127) Carrots(30) Snack Loaf(150) Tropical Fruit Cup(0)
737 cal; 958mg sodium		696 cal; 857mg sodium		708 cal; 852mg sodium
696 cal; 528mg sodium			840 cal; 660mg sodium	
24 Roast Turkey with Gravy(472) Mashed Potatoes(32) Green Beans(6) Garlic Bread(210) Chocolate Pudding(135) MOD: Fruit(varies)	25 Coconut Curry Shrimp(451) over White Rice(25) Carrots(30) Wheat Roll(135) Warm Pineapple(0)	26 Veal Scallopini(481) Whole Grain Pasta(0) California Veg Blend(15) Wheat Roll(135) Clementines(2)	27 High Sodium Meal Cheeseburger(460) Wheat Bun(330) Potato Wedges(20) Green Beans/Red Pep.(6) Pound Cake(240) MOD: Fruit(varies) Ketchup(85)	28 Caprese Chicken(463) Polenta(36) Kale & Pepper Blend(18) White Bread(150) Hot Cinnamon Pears(5)
678 cal; 1010mg sodium		681 cal; 796mg sodium		799 cal; 794mg sodium
824 cal; 1296mg sodium			723 cal; 827mg sodium	
31 SITES CLOSED 	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 125mg sodium.