

**ELDER NUTRITION PROGRAM**

**Barnstable County MARCH 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 &amp; have them with another meal or snack.</i></p>	<p><b>NATIONAL NUTRITION MONTH<sup>®</sup></b> MARCH 2019</p> <p><a href="http://www.eatright.org">www.eatright.org</a> #NationalNutritionMonth</p>		<p><b>1</b> Shredded Beef with Valdostano Sauce(543)* Italian Roast Potato(6) Diced Beets(173) Snack Loaf(115) Fresh Orange(1)</p>
				<b>708 cal; 975mg sodium</b>
<p><b>4</b> Pulled Pork with Tomato-Pepper Salsa(375) Brown Rice with Chick Peas(79) Country Style Veg(40) Tortilla(227) Strawberry Cup(0)</p>	<p><b>5</b> Lasagna(290) with Meat Sauce(73) Parmesan Cheese(55) Peas &amp; Cauliflower(50) Multigrain Bread(150) Hot Caramelized Apples(76)</p>	<p><b>6</b> Fish Almondine(274) Baked Potato(6) Sour Cream(13) Gr. Beans w/Red Pep.(3) Pumpnickel Bread(280) Fruit Crunch Bar(80) MOD: Cinn. Bites(71)</p>	<p><b>7</b> Homemade Meatloaf with Gravy(150) Cheddar Mashed Potato(265) Broccoli(12) Whole Wheat Roll(180) Pudding(190) reg &amp; MOD</p>	<p><b>8</b> Chicken Marsala(459) Roast Sweet Potato(41) Italian Veg Blend(19) Wheat Bread(150) Fresh Banana(1)</p>
<b>687 cal; 859mg sodium</b>	<b>694 cal; 831mg sodium</b>	<b>807 cal; 794mg sodium</b>	<b>872 cal; 935mg sodium</b>	<b>681 cal; 808mg sodium</b>
<p><b>11</b> American Chop Suey(181) Spinach(110) 1 oz Italian Bread(190) Fresh Orange(0)</p>	<p><b>12 High Sodium Meal</b> Corned Beef(911)* Parslied Red Bliss Potato(6) Cabbage &amp; Carrots(49) Whole Wheat Roll(180) Shamrock Cupcake(170) MOD: Lemon-Blueberry Bites(60)</p>	<p><b>13</b> Chicken Cacciatore(303) Brown Rice with Orzo(56) Tuscany Veg Blend(47) Whole Wheat Roll(180) Strawberry Cup(0)</p>	<p><b>14</b> Rst Turkey w/Gravy(662)* Cranberry Sauce(4) Baked Potato(6) Sour Cream(13) Apple-Butternut Sq.(4) Oatmeal Bread(150) Fruited Yogurt(75)</p>	<p><b>15</b> Salmon Strips w/Spinach Alfredo Sauce(369) over Egg Noodles(4) Broccoli(12) Corn Muffin(280) Hot Cinn. Peaches(64)</p>
<b>722 cal; 619mg sodium</b>	<b>715 cal; 1453mg sodium</b>	<b>671 cal; 723mg sodium</b>	<b>690 cal; 1050mg sodium</b>	<b>719 cal; 868mg sodium</b>
<p><b>18</b> Cheddar Omelet(470) Zucchini &amp; Tomatoes(40) French Toast Sticks(213) Diet Maple Syrup(30) Mandarin Oranges(7) Fruited Yogurt(75)</p>	<p><b>19</b> Chicken Parmesan(722)* Penne Pasta(1) Parmesan Cheese(55) Broccoli(12) Wheat Bread(150) Mixed Fruit(10)</p>	<p><b>20</b> Shepherd's Pie with Gravy(175) Brussels Sprouts(17) Whole Wheat Roll(180) Hot Caramelized Pears(75)</p>	<p><b>21</b> Roast Pork with Dijon Sauce(277) Roast Sweet Potato(41) Cauliflower(17) Pumpnickel Bread(280) Fig Bar(35) MOD: Vanilla Bites(50)</p>	<p><b>22</b> Pot Roast with Gravy(63) Tater Tots(341) Collard Greens(57) Garlic Roll(240) Fresh Banana(1)</p>
<b>737 cal; 974mg sodium</b>	<b>720 cal; 1088mg sodium</b>	<b>790 cal; 584mg sodium</b>	<b>988 cal; 788mg sodium</b>	<b>750 cal; 840mg sodium</b>
<p><b>25</b> Chicken Scaloppini(351) Butternut Squash Ravioli in Br. Sugar Sage Sauce(295) Broccoli/Cauliflower(14) Oatmeal Bread(150) Applesauce(14)</p>	<p><b>26 Hi-Sodium COLD PLATE</b> Veg Soup for cong(42) Turkey Salad(646)* German Potato Salad(11) Spinach/Mandarins(33) Mini Kaiser Roll(200) Cupcake(170) MOD: 1 oz Brownie(60)</p>	<p><b>27</b> Stew Beef with gravy, peas, &amp; carrots(106) Roast Potato(6) Green Beans(3) Biscuit(340) Fruited Yogurt(75)</p>	<p><b>28</b> Sweet &amp; Sour Meatballs(419) Veg Brown Rice Pilaf(94) Asian Veg Blend(25) Wheat Bread(150) Hot Cinn. Peaches(64)</p>	<p><b>29</b> Breaded Pollock(190) Tartar Sauce(130) Mashed Potato(135) Chef's Choice Veg(51) Multigrain Bread(150) Fresh Orange(0)</p>
<b>732 cal; 960mg sodium</b>	<b>795 cal; 1240mg sodium</b>	<b>828 cal; 668mg sodium</b>	<b>762 cal; 889mg sodium</b>	<b>677 cal; 794mg 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.