

**ELDER NUTRITION PROGRAM**

**Barnstable County JANUARY 2020**

**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><u>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75</u></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>1 SITES CLOSED</p> 	2	<p>3</p> <p>Unbreaded Pollock with Red Herb Sauce (316) Macaroni &amp; Cheese side dish (183) Green Beans (3) Whole Wheat Roll (180) Fresh Orange (0)</p>
				<b>658 cal; 820mg sodium</b>
<p>6</p> <p>Lasagna with Meat Sauce (363) Parm Cheese (55) Broccoli (12) Whole Wheat Roll (180) Hot Cinn Pears (64)</p>	<p>7</p> <p>Beef Stew with peas, carrots, &amp; potato (108) Collard Greens (57) Biscuit (340) Fresh Apple (2)</p>	<p>8</p> <p>Chicken w/ Sour Cream &amp; Paprika Sauce (422) Roast Potato (6) Fiesta Veg (15) Multigrain Bread (150) Pudding (190) MOD: Applesauce (14)</p>	9	<p>10</p> <p>Homemade Meatloaf with Gravy (155) Cheddar Mashed Potato (265) Zucchini &amp; Tomato (40) Whole Wheat Roll (180) Fresh Banana (1)</p>
<b>702 cal; 812mg sodium</b>	<b>789 cal; 643mg sodium</b>	<b>735 cal; 920mg sodium</b>		<b>845 cal; 778mg sodium</b>
<p>13</p> <p>Chicken Scaloppini (351) Roast Sweet Potato (41) Tuscan Veg (28) Wheat Bread (150) Raspberry Cookie (195) MOD: Oatmeal Bar (85)</p>	<p>14</p> <p>Salmon with Lemon-Dill Sauce (169) Roast Potato (6) Brussels Sprouts (17) Corn Muffin (280) Pudding (190) MOD: Applesauce (14)</p>	<p>15</p> <p>Beef Tips with Mushroom Gravy (112) Rice Pilaf with peas &amp; carrots (94) Diced Beets (173) Whole Wheat Roll (180) Fresh Orange (0)</p>	16	<p>17</p> <p>Swedish Meatballs over Egg Noodles (249) Peas, Carrots, &amp; Cauliflower (65) Pumpkin Bread (280) Hot Cinn Peaches (64)</p>
<b>784 cal; 902mg sodium</b>	<b>706 cal; 799mg sodium</b>	<b>805 cal; 697mg sodium</b>		<b>744 cal; 795mg sodium</b>
<p>20 SITES CLOSED</p> 	<p>21 Beef Tips with Sherry-Thyme Gravy (125) Baked Potato (6) Sour Cream (13) Broccoli (12) Pumpkin Bread (280) Pumpkin Cookie (139) MOD: Vanilla Bites (50)</p>	<p>22</p> <p>Roast Turkey with Gravy (662)* Cranberry Sauce (4) Mashed Potato (135) Apple-Butternut Sq. (4) Oatmeal Bread (150) Fresh Pear (2)</p>	23	<p>24</p> <p>Chinese New Year's Chicken (336) over Soba Noodles (121) Asian Veg (25) Wheat Bread (150) Hot Pineapple with Coconut Ginger (9)</p>
	<b>915 cal; 714mg sodium</b>	<b>642 cal; 1094mg sodium</b>		<b>737 cal; 778mg sodium</b>
<p>27</p> <p>Vegetable Soup (42) <b>soup for cong only</b> BBQ Pork Patty (280) Tom.-Braised Potato (39) Broccoli (12) LS Hamburger Bun (90) Mixed Fruit (10)</p>	<p>28</p> <p>Chicken topped with Bruschetta (325) Brown Rice w/Orzo (56) Italian Veg (19) 1/2 slice Ital. Bread (190) Fig Bar (35) MOD:Lemon Square(105)</p>	<p>29</p> <p>Breaded Pollock (190) Tartar Sauce (130) Roast Sweet Potato (41) Chef's Choice Veg (41) Multigrain Bread (150) Cupcake (170) MOD:Lorna Doones(100)</p>	30	<p>31</p> <p>Spanish Pot Roast (97) Potato Wedges (261) Peas &amp; Carrots (74) Snack Loaf (115) Fresh Orange (0)</p>
<b>774 cal; 612mg sodium</b>	<b>802 cal; 763mg sodium</b>	<b>896 cal; 859mg sodium</b>		<b>717 cal; 685mg sodium</b>

**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.**