

# ELDER NUTRITION PROGRAM



Barnstable County **MAY 2022**

**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
<b>2</b> Shepherd's Pie with Mashed Potato(458) Zucchini & Brussels Sprouts(15) Biscuit(410) Mixed Fruit(10) in tray <b>868 cal; 1048mg sodium</b>	<b>3</b> Chicken Anna Maria(638)* Brown Rice(95) Green Beans/Peppers(6) Wheat Bread(135) Pudding(130) MOD: Fruit(varies) <b>707 cal; 1159mg sodium</b>	<b>4</b> Breaded Cod(260) Roasted Potato(115) Broccoli(6) Wheat Bread(135) Fresh Apple(0) Tartar Sauce(85) <b>725 cal; 756mg sodium</b>	<b>5</b> Swedish Meatballs(450) Egg Noodles(5) Veg Medley(18) Wheat Roll(135) Pound Cake(240) MOD: Fruit(varies) <b>819 cal; 1003mg sodium</b>	<b>6</b> Cheese Ravioli with Red Sauce & Parmesan garnish(636)* Brussels Sprouts(23) Garlic Bread(120) Cinn. Pears(10) in tray <b>670 cal; 944mg sodium</b>
<b>9</b> Roast Turkey with Gravy(576)* Mashed Potato(113) Carrots(30) Cornbread(90) Pudding(130) MOD: Fruit(varies) <b>750 cal; 1094mg sodium</b>	<b>10</b> Tomato Bruschetta Chicken(613)* Roasted Potato(115) Mixed Veg(17) Wheat Bread(135) Fresh Banana(0) <b>750 cal; 1035mg sodium</b>	<b>11</b> Thai Curry Beef & Veg Stir Fry(355) Brown Rice(95) Tuscan Veg(31) Wheat Roll(135) Mixed Fruit(10) in tray <b>754 cal; 781mg sodium</b>	<b>12 High Sodium Meal</b> Pork Chopette Marsala(775)* Mashed Potato(113) Veg Medley(18) Wheat Roll(135) Oatmeal Cookie(105) for both reg & MOD <b>770 cal; 1301mg sodium</b>	<b>13</b> Honey Garlic Glazed Chicken(551)* Baked Sweet Potato(70) Broccoli(6) Wheat Bread(135) Cinn. Pears(10) in tray <b>685 cal; 927mg sodium</b>
<b>16</b> Cheddar Omelet(382) Home Fries with Onion & Pepper(77) Zucchini & Tomato(190) Snack Loaf(150) Yogurt(55) <b>725 cal; 1009mg sodium</b>	<b>17</b> Beef Wellington(210) Mashed Potato(113) Carrots(30) Hawaiian Dinner Roll(80) Fresh Apple(0) <b>752 cal; 588mg sodium</b>	<b>18</b> Pork with Mustard-Wine Sauce(192) Rice Pilaf(55) Veg Medley(18) Wheat Bread(135) Fresh Banana(0) <b>798 cal; 555mg sodium</b>	<b>19</b> Chicken Florentine with Pasta(208) Mixed Veg(17) Wheat Roll(135) Lorna Doones(150) for both reg & MOD <b>672 cal; 665mg sodium</b>	<b>20</b> Philly Steak & Cheese w/ Onion & Pepper(492) Tater Tots(195) Broccoli(6) Hoagie Roll(260) Mixed Fruit(10) in tray <b>810 cal; 1118mg sodium</b>
<b>23</b> Maple Glazed Chicken(446) Roast Sweet Potato(60) California Veg(36) Wheat Bread(135) Pudding(130) MOD: Fruit(varies) <b>744 cal; 962mg sodium</b>	<b>24</b> Potato Pollock(330) Sweet Potato Wedges(200) Green Beans(6) Wheat Roll(135) Cinn. Pears(10) in tray Tartar Sauce(85) <b>692 cal; 921mg sodium</b>	<b>25 COLD PLATE</b> Waldorf Chicken Salad(120) Pea Salad(178) Tomato-Cuke Salad(15) Hamburger Bun(230) Iced Brownie(160) MOD: Lorna Doones(150) <b>986 cal; 858mg sodium</b>	<b>26</b> Hamburger(500)* Baked Beans(140) Broccoli(6) Hamburger Bun(230) Fresh Banana(0) Ketchup(85) <b>762 cal; 1116mg sodium</b>	<b>27</b> Shrimp in Tomato-Caper Cream Sauce with Spaghetti(750)* Veg Medley(18) Garlic Bread(120) Mixed Fruit(10) in tray <b>689 cal; 1053mg sodium</b>
<b>30 SITES CLOSED</b> 	<b>31</b> BBQ Pulled Pork(380)* Scalloped Potato(304) Veg Medley(18) Wheat Bread(135) Fresh Apple(0) <b>801 cal; 992mg sodium</b>	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.