

# ELDER NUTRITION PROGRAM

Barnstable County **JULY 2022**

as of 6/5/22



access / service / advocacy

**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><b>1</b> Steak &amp; Cheese with Onions &amp; Peppers(435) Hoagie Roll(260) Tater Tots(232) Broccoli(6) Cinnamon Peaches in tray(10)</p>
<b>800 cals; 1098mg sodium</b>				
<p><b>4 SITES CLOSED</b></p>	<p><b>5 High Sodium Meal</b> Hot Dog(540)* Baked Beans(140) Gr. Beans w/Peppers(6) Hot Dog Bun(300) Pudding(130) MOD: Fruit(varies) Ketchup packet(85)</p>	<p><b>6</b> Tomato Bruschetta Chicken(653)* Roasted Potato(152) Mixed Veg(17) Wheat Bread(135) Fresh Apple(1)</p>	<p><b>7</b> Shrimp in Tomato Caper Cream Sauce with Spaghetti(655)* Brussels Sprouts(23) Garlic Toast(120) Lorna Doones(150) for both reg &amp; MOD</p>	<p><b>8</b> Honey Garlic Glazed Chicken(452) Baked Sweet Potato(70) Broccoli(6) Wheat Bread(135) Cinnamon Pears in tray(10)</p>
	<b>868 cals; 1356mg sodium</b>	<b>825 cals; 1113mg sodium</b>	<b>721 cals; 1103mg sodium</b>	<b>685 cals; 828mg sodium</b>
<p><b>11</b> Cheddar Omelet(325) 1 cup Home Fries with Peppers &amp; Onions(139) French Toast Sticks in place of bread(200) Yogurt(55) Diet Syrup packet(80)</p>	<p><b>12</b> Beef Wellington(210) Mashed Potato(113) Carrots(32) Hawaiian Dinner Roll(80) Fresh Apple(1)</p>	<p><b>13</b> Pork with Mustard-Wine Sauce(174) Rice Pilaf(55) Veg Medley(18) Wheat Bread(135) Fresh Banana(0)</p>	<p><b>14 COLD PLATE</b> Waldorf Chicken Salad(120) Pea Salad(178) Tomato-Cuke Salad(15) Pita Bread(250) Pound Cake(240) MOD: Fruit(varies)</p>	<p><b>15</b> Thai Beef Stir-Fry(355) Brown Rice(95) Tuscan Veg(31) Wheat Roll(135) Cinnamon Peaches in tray(10)</p>
<b>709 cals; 954g sodium</b>	<b>752 cals; 591mg sodium</b>	<b>758 cals; 537mg sodium</b>	<b>837 cals; 958mg sodium</b>	<b>743 cals; 771mg sodium</b>
<p><b>18</b> Maple Glazed Chicken(445) Roast Sweet Potato(60) California Veg(36) Wheat Bread(135) Pudding(130) MOD: Fruit(varies)</p>	<p><b>19</b> Potato Pollock(330) Sweet Potato Wedges(200) Green Beans(6) Wheat Roll(135) Cinn. Pears in tray(10) Tartar Sauce packet(85)</p>	<p><b>20</b> Chicken Florentine with Pasta(554)* Mixed Veg(17) Cornbread(90) Oatmeal Cookie(105) for both reg &amp; MOD</p>	<p><b>21</b> Cheeseburger with Monterey Jack(185) Baked Beans(140) Broccoli(6) Hamburger Bun(160) Fresh Banana(0) Ketchup packet(85)</p>	<p><b>22</b> Ravioli with Red Sauce &amp; Parm garnish(564)* Veg Medley(18) Garlic Toast(120) Cinnamon Peaches in tray(10)</p>
<b>744 cals; 961mg sodium</b>	<b>692 cals; 921mg sodium</b>	<b>750 cals; 921mg sodium</b>	<b>837 cals; 731mg sodium</b>	<b>652 cals; 867mg sodium</b>
<p><b>25</b> Shepherd's Pie(345) Mashed Potato(113) Zucchini &amp; Brussels Sprouts(15) Biscuit(410) Pudding(130) MOD: Fruit(varies)</p>	<p><b>26</b> Chicken Anna Maria(578)* Brown Rice(95) Gr. Beans w/Peppers(6) Wheat Bread(135) Cinnamon Pears in tray(10)</p>	<p><b>27</b> Breaded Cod(260) Roasted Potato(152) Broccoli(6) Wheat Bread(135) Iced Brownie(160) MOD:Lorna Doones(150) Tartar Sauce packet(85)</p>	<p><b>28</b> Swedish Meatballs(365) Egg Noodles(5) Veg Medley(18) Wheat Roll(135) Fresh Apple(1)</p>	<p><b>29 COLD PLATE</b> Tortellini Pasta Salad with Chicken, Beans, Spinach, &amp; Tomato(612)* Beet Salad(121) Garlic Toast(120) Cinnamon Peaches in tray(10)</p>
<b>915 cals; 1168mg sodium</b>	<b>687 cals; 979mg sodium</b>	<b>1010 cals; 953mg sodium</b>	<b>680 cals; 679mg sodium</b>	<b>651 cals; 1018mg 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 125mg sodium.**