

**ELDER NUTRITION PROGRAM**

**Barnstable County JANUARY 2021**

**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><b>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75</b></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 SITES CLOSED</b></p>
<p><b>4 Breaded Pollock(190)</b> Tartar Sauce(85) Apple-Butternut Squash(4) Peas(82) Oatmeal Bread(150) Fig Bar(35) MOD: Grahams(85)</p>	<p><b>5</b> Omelet with Swiss Cheese(296) French Toast Sticks(320) Diet Syrup(30) Spinach(110) Strawberry Cup(0) Yogurt(75)</p>	<p><b>6</b> Philly Steak with Cheddar Cheese(548)* Baked Potato(6) Sour Cream(13) Country Style Veg(40) Sub Roll(250) Fresh Orange(0)</p>	<p><b>7</b> Roast Pork with Honey Garlic Sauce(68) Potato Wedges(260) Spring Veg(65) Pumpnickel Bread(280) Fresh Apple(2)</p>	<p><b>8</b> Chicken Pasta Primavera(350) Broccoli(12) Whole Wheat Roll(180) Hot Cinn Peaches(6)</p>
<b>896 cal; 684mg sodium</b>	<b>791 cal; 969mg sodium</b>	<b>767 cal; 995mg sodium</b>	<b>745 cal; 812mg sodium</b>	<b>801 cal; 687mg sodium</b>
<p><b>11</b> Stuffed Shells(390) with Meat Sauce(382) * Parm Cheese(55) Tuscany Veg(41) Wheat Bread(150) Hot Cinn Pears(6)</p>	<p><b>12</b> Chicken Piccata(367) Roast Sweet Potato(45) Green Beans(3) Garlic Roll(240) Fresh Orange(0)</p>	<p><b>13</b> Salmon with Peach Salsa(104) Potato Wedges(260) Broccoli(12) Whole Wheat Roll(180) Yogurt(75)</p>	<p><b>14</b> Sliced Turkey Breast with Gravy(522)* Cranberry Sauce(4) Roast Potato(6) Brussels Sprouts(17) Multigrain Bread(150) Lorna Doones for all(100)</p>	<p><b>15</b> Italian Pot Roast(280) Baked Potato(6) Sour Cream(13) Italian Veg(19) Pumpnickel Bread(280) Fresh Apple(2)</p>
<b>671 cal; 1162mg sodium</b>	<b>677 cal; 793mg sodium</b>	<b>660 cal; 769mg sodium</b>	<b>709 cal; 937mg sodium</b>	<b>689 cal; 737mg sodium</b>
<p><b>18 SITES CLOSED</b></p>	<p><b>19</b> Lasagna(290) with Meat Sauce(382) * Parm Cheese(55) Broccoli &amp; Corn(9) Oatmeal Bread(150) Hot Cinn Peaches(6)</p>	<p><b>20 Salisbury Steak with Gravy(417)</b> Cheddar Mashed Potato(248) Collard Greens(57) Wheat Bread(150) Fruit Crunch Bar(80) MOD: Oatmeal Bar(85)</p>	<p><b>21</b> Lemon-Pepper Chicken(334) Roast Sweet Potato(45) Cauliflower(17) Whole Wheat Roll(180) Fresh Apple(2)</p>	<p><b>22</b> Roast Pork with Maple-Mustard Sauce(93) Tater Tots(310) Peas &amp; Carrots(74) Snack Loaf(160) Fresh Orange(0)</p>
	<b>664 cal; 1030mg sodium</b>	<b>854 cal; 1089mg sodium</b>	<b>662 cal; 716mg sodium</b>	<b>816 cal; 776mg sodium</b>
<p><b>25</b> Chicken Lo Mein(572)* Asian Veg(43) Garlic Roll(240) Hot Cinn Pears(6)</p>	<p><b>26</b> Cheeseburger(440) Ketchup(82) Mashed Potato(165) Carrots(67) LS Hamburger Bun(90) Strawberry Cup(0)</p>	<p><b>27</b> Pollock with Red Pepper Pesto Sauce(478) Roast Potato(6) Broccoli(12) Whole Wheat Roll(180) 1 oz Chocolate Chip Cookie for all(105)</p>	<p><b>28</b> Pot Roast with Gravy(79) Roast Sweet Potato(45) Beets(173) Pumpnickel Bread(280) Yogurt(75)</p>	<p><b>29</b> Pasta &amp; Meatballs with Italian Sauce(547)* Parm Cheese(55) Green Beans(3) Multigrain Bread(150) Hot Cinn Peaches(6)</p>
<b>671 cal; 999mg sodium</b>	<b>725 cal; 981mg sodium</b>	<b>704 cal; 919mg sodium</b>	<b>686 cal; 790mg sodium</b>	<b>663 cal; 899mg 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.**