

# ELDER NUTRITION PROGRAM

Barnstable County SEPTEMBER 2016



**Reservations & Cancellations must be**

**made two business days in advance.**



access / service / advocacy

*Menu subject to change without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75.</i></p> <p><i>* indicates item with 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></p> <p>Spanish Pot Roast (99) Fresh Sweet Potato (41) Corn (1) Oatmeal Bread (150) Pudding (200) MOD: Diet Pudding (127)</p>	<p><b>2</b></p> <p>BBQ Chicken (547)* Hot Potato Salad (123) Peas &amp; Carrots (74) Whole Wheat Roll (180) Fresh Nectarine (0)</p>
			<b>766 cal; 646mg sodium</b>	<b>769 cal; 1079mg sodium</b>
<p><b>5 SITES CLOSED</b></p> 	<p><b>6 High Sodium Meal</b></p> <p>Hot Dog (490) Baked Beans (140) Mustard(55) &amp; Relish(81) Cauliflower/Red Pep.(17) Wheat Hot Dog Roll (250) Fruited Oatmeal Bar (85) MOD: SF Oatmeal Cookie (65)</p>	<p><b>7</b></p> <p>Meatloaf with Gravy (137) Baked Potato (4) Sour Cream (13) Brussels Sprouts (17) Multigrain Bread (150) Fruited Yogurt (75)</p>	<p><b>8</b></p> <p>Chicken-Broccoli-Penne Alfredo (419) Green Peas (82) Whole Wheat Roll (180) Fresh Cantaloupe (14)</p>	<p><b>9 COLD PLATE</b></p> <p>Veg Soup-Cong only (41) Tuna Salad (120) with Lettuce &amp; Tomato (2) Three-Bean Salad (34) Carrot-Raisin Salad (140) Mini Kaiser Roll (200) Fresh Plum (0)</p>
	<b>720 cal; 1272mg*sodium</b>	<b>708 cal; 499mg sodium</b>	<b>679 cal; 850mg sodium</b>	<b>737 cal; 691mg sodium</b>
<p><b>12</b></p> <p>Breaded Pork with Mango Salsa (526)* Fresh Sweet Potato (41) Zucchini (2) Oatmeal Bread (150) Applesauce Cup (15)</p>	<p><b>13</b></p> <p>Sloppy Joe (281) Veg. Rice Pilaf (91) Green Beans (3) Wheat Hamburger Bun (250) Fresh Banana (1)</p>	<p><b>14</b></p> <p>Chicken Scaloppini (351) Buttered Seasoned Egg Noodles (38) Broccoli/Red Pepper (12) Whole Wheat Roll (180) Pudding (200) MOD: Diet Pudding (127)</p>	<p><b>15</b></p> <p>Fish Florentine (150) Tomato-Braised Potatoes (38) Corn &amp; Cauliflower (10) Pumpnickel Bread (280) Chocolate Chip Cookie (164) MOD:SF Choc.ChipCookie(55)</p>	<p><b>16</b></p> <p>Cheese Ravioli (477) with Meat Sauce (109) Parmesan Cheese (108) Broccoli (12) Snack Loaf (115) Hot Cinnamon Pears (64)</p>
<b>791 cal; 888mg sodium</b>	<b>786 cal; 781mg sodium</b>	<b>700 cal; 936mg sodium</b>	<b>808 cal; 795mg sodium</b>	<b>777 cal; 1033mg sodium</b>
<p><b>19</b></p> <p>Shepherd's Pie (175) Spinach (110) Whole Wheat Roll (180) Fresh Orange (0)</p>	<p><b>20 COLD PLATE</b></p> <p>Chicken Breast with Tomato &amp; Cucumber(415) Cole Slaw (47) Summer Squash Salad (42) Wheat Sub Roll (330) Fruited Yogurt (75)</p>	<p><b>21</b></p> <p>Salmon with Honey-Ginger Sauce (214) Brown &amp; Wild Rice (31) Broccoli &amp; Corn (7) Whole Wheat Roll (180) Peaches (6)</p>	<p><b>22</b></p> <p>American Chop Suey (255) Italian Green Beans (3) Italian Bread (380) Fresh Banana (1)</p>	<p><b>23</b></p> <p>Rst Turkey w/Gravy (674)* Cranberry Sauce (4) Whip. Sweet Potato (24) Peas w/Pearl Onions (68) Oatmeal Bread (150) Lemon Square (105) MOD: SF Lemon Cookie (60)</p>
<b>704 cal; 620mg sodium</b>	<b>744 cal; 1063mg sodium</b>	<b>637 cal; 593mg sodium</b>	<b>778 cal; 814mg sodium</b>	<b>784 cal; 1187mg sodium</b>
<p><b>26</b></p> <p>Greek Chicken (489) Orzo with Carrots (22) Broccoli (12) Multigrain Bread (150) Pudding (200) MOD: Diet Pudding (127)</p>	<p><b>27</b></p> <p>Fiesta Fish (208) Roast Potato (6) Peas &amp; Corn (42) Whole Wheat Roll (180) Fresh Apple (1)</p>	<p><b>28</b></p> <p>Pasta (4) with Meatballs (190) Marinara Sauce (91) Cauliflower/Carrots (42) Oatmeal Bread (150) Cupcake (170) MOD: Graham crax (95)</p>	<p><b>29</b></p> <p>Pulled Pork (632)* Fresh Sweet Potato (41) Collard Greens with Onions (50) Mini Kaiser Roll (200) Fresh Pear (1)</p>	<p><b>30</b></p> <p>Roast Beef w/ Gravy (68) Baked Potato (4) Sour Cream (13) Chef's Choice Veg. (51) Pumpnickel Bread (280) Fresh Orange (0)</p>
<b>679 cal; 1029mg sodium</b>	<b>673 cal; 591mg sodium</b>	<b>792 cal; 801mg sodium</b>	<b>799 cal; 1078mg sodium</b>	<b>771 cal; 570mg 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 47mg; Milk adds 107mg sodium.