

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
<i>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75.</i> <i>* indicates item with more than 500mg sodium.</i>	<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 & have them with another meal or snack.</i>		1 Spanish Pot Roast (99) Fresh Sweet Potato (41) Corn (1) Oatmeal Bread (150) Pudding (200) MOD: Diet Pudding (127)	2 BBQ Chicken (547)* Hot Potato Salad (123) Peas & Carrots (74) Whole Wheat Roll (180) Fresh Nectarine (0)
			766 cals; 646mg sodium	769 cals; 1079mg sodium
5 SITES CLOSED  Celebrate the work of our hands. Labor Day	6 High Sodium Meal Hot Dog (490) Baked Beans (140) Mustard(55) & Relish(81) Cauliflower/Red Pep.(17) Wheat Hot Dog Roll (250) Fruited Oatmeal Bar (85) MOD: SF Oatmeal Cookie (65)	7 Meatloaf with Gravy (137) Baked Potato (4) Sour Cream (13) Brussels Sprouts (17) Multigrain Bread (150) Fruited Yogurt (75)	8 Chicken-Broccoli-Penne Alfredo (419) Green Peas (82) Whole Wheat Roll (180) Fresh Cantaloupe (14)	9 COLD PLATE Veg Soup-Cong only (41) Tuna Salad (120) with Lettuce & Tomato (2) Three-Bean Salad (34) Carrot-Raisin Salad (140) Mini Kaiser Roll (200) Fresh Plum (0)
			708 cals; 499mg sodium	679 cals; 850mg sodium
12 Breaded Pork with Mango Salsa (526)* Fresh Sweet Potato (41) Zucchini (2) Oatmeal Bread (150) Applesauce Cup (15)	13 Sloppy Joe (281) Veg. Rice Pilaf (91) Green Beans (3) Wheat Hamburger Bun (250) Fresh Banana (1)	14 Chicken Scaloppini (351) Buttered Seasoned Egg Noodles (38) Broccoli/Red Pepper (12) Whole Wheat Roll (180) Pudding (200) MOD: Diet Pudding (127)	15 Fish Florentine (150) Tomato-Braised Potatoes (38) Corn & Cauliflower (10) Pumpernickel Bread (280) Chocolate Chip Cookie (164) MOD:SF Choc.ChipCookie(55)	16 Cheese Ravioli (477) with Meat Sauce (109) Parmesan Cheese (108) Broccoli (12) Snack Loaf (115) Hot Cinnamon Pears (64)
791 cals; 888mg sodium	786 cals; 781mg sodium	700 cals; 936mg sodium	808 cals; 795mg sodium	777 cals; 1033mg sodium
19 Shepherd's Pie (175) Spinach (110) Whole Wheat Roll (180) Fresh Orange (0)	20 COLD PLATE Chicken Breast with Tomato & Cucumber(415) Cole Slaw (47) Summer Squash Salad (42) Wheat Sub Roll (330) Fruited Yogurt (75)	21 Salmon with Honey-Ginger Sauce (214) Brown & Wild Rice (31) Broccoli & Corn (7) Whole Wheat Roll (180) Peaches (6)	22 American Chop Suey (255) Italian Green Beans (3) Italian Bread (380) Fresh Banana (1)	23 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)
704 cals; 620mg sodium	744 cals; 1063mg sodium	637 cals; 593mg sodium	778 cals; 814mg sodium	784 cals; 1187mg sodium
26 Greek Chicken (489) Orzo with Carrots (22) Broccoli (12) Multigrain Bread (150) Pudding (200) MOD: Diet Pudding (127)	27 Fiesta Fish (208) Roast Potato (6) Peas & Corn (42) Whole Wheat Roll (180) Fresh Apple (1)	28 Pasta (4) with Meatballs (190) Marinara Sauce (91) Cauliflower/Carrots (42) Oatmeal Bread (150) Cupcake (170) MOD: Graham crax (95)	29 Pulled Pork (632)* Fresh Sweet Potato (41) Collard Greens with Onions (50) Mini Kaiser Roll (200) Fresh Pear (1)	30 Roast Beef w/ Gravy (68) Baked Potato (4) Sour Cream (13) Chef's Choice Veg. (51) Pumpernickel Bread (280) Fresh Orange (0)
679 cals; 1029mg sodium	673 cals; 591mg sodium	792 cals; 801mg sodium	799 cals; 1078mg sodium	771 cals; 570mg sodium

 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.