

ELDER NUTRITION PROGRAM
Barnstable County OCTOBER 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
3 Pollock Bites (360) Tartar Sauce (130) Fresh Sweet Potato (41) Zucchini with Red Peppers (2) Multigrain Bread (150) Fresh Pear (2)	4 Chicken Cacciatore (343) Parslied Rotini Pasta (4) Broccoli (12) Whole Wheat Roll (180) Pudding (200) MOD: Diet Pudding (127)	5 Omelet with American Cheese (412) Home Fries (62) Spinach with Mushrooms (184) Snack Loaf (115) Fresh Orange (0)	6 Turkey Stew (528)* Butternut Apple Squash (4) Whole Wheat Roll (180) Lemon Square (105) MOD: SF Lemon Cookie (60)	7 Aloha Chicken (340) Brown & Wild Rice (31) Carrots & Cauliflower (42) Whole Wheat Roll (180) Fresh Apple (2)
803 cals; 839mg sodium	689 cals; 894mg sodium	708 cals; 928mg sodium	721 cals; 971mg sodium	657 cals; 749mg sodium
10 SITES CLOSED 	11 Breaded Pork (500)* with Pineapple & Black Bean Salsa (31) Roasted Potato (6) Collard Greens/Onion(50) Oatmeal Bread (150) Fresh Pear (2)	12 Stuffed Peppers (172) Whip. Sweet Potato (24) Diced Beets (173) Pumpernickel Bread (280) Fruited Yogurt (75)	13 Chicken Pasta Primavera (390) Broccoli (12) Multigrain Bread (150) Hot Caramelized Peaches (64)	14 Fish Almondine (136) Baked Potato (4) Sour Cream (13) Peas & Carrots (74) Whole Wheat Roll (180) Fresh Orange (0)
Columbus Day	791 cals; 893mg sodium	711 cals; 879mg sodium	777 cals; 742mg sodium	688 cals; 563mg sodium
17 Kayem Hot Dog (490) Mustard (55) Relish (81) Baked Beans (140) Brussels Sprouts (17) Wheat Hot Dog Bun (250) Fresh Banana (1)	18 Ital. Pork Meatballs (396) over Bowtie Pasta (4) Marinara Sauce (91) Green Peas (82) Whole Wheat Roll (180) Fresh Orange (0)	19 Chicken Marsala (459) Orzo with Carrots (22) Cauliflower & Corn (10) Multigrain Bread (150) Fruited Oatmeal Bar (85) MOD: SF Oatmeal Cookie (65)	20 Salmon (54) with Newburg Sauce (99) Fresh Sweet Potato (41) Green Beans (3) Whole Wheat Roll (180) Pudding (200) MOD: Diet Pudding (127)	21 Beef, Brown Rice, & Broccoli Casserole (403) Butternut Squash (2) Oatmeal Bread (150) Hot Cinnamon Apples(64)
681 cals; 1189mg sodium	747 cals; 907mg sodium	707 cals; 880mg sodium	817 cals; 732mg sodium	730 cals; 774mg sodium
24 Stuffed Shells (390) Meat Sauce (102) Parmesan Cheese (108) Green Beans (3) Whole Wheat Roll (180) Hot Cinnamon Pears (64)	25 COLD PLATE Minestrone Soup (231) (congregate dining only) Chicken Salad (70) with Lettuce & Tomato (2) Pasta Vinaigrette Salad (8) Red Cabbage Cole Slaw (56) Mini Kaiser Roll (200) Fruited Yogurt (75)	26 Catch of the Day (294) Brown Rice & Kidney Beans (35) Broccoli (12) Oatmeal Bread (150) Halloween Cupcake (170) MOD: SF Chocolate Chip Cookie (164)	27 Roast Pork Loin with Apricot Glaze (60) Baked Potato (4) Sour Cream (13) Carrots & Corn (34) Pumpernickel Bread (280) Applesauce Cup (15)	28 Happy Halloween! Roast Beast a la Dracula (56) Monster Mash Potato(143) Trick or Treat Vegetable Blend (51) Corn Loaf (211) Fresh BOOnana (1)
761 cals; 1002mg sodium	829 cals; 797mg sodium	755 cals; 816mg sodium	745 cals; 562mg sodium	859 cals; 617mg sodium
31 Chicken with Dijon- Tarragon Gravy (451) Roasted Potato (6) Broccoli & Corn (7) Multigrain Bread (150) Pumpkin Cookie (139) MOD: Waffle Snaps (65)	Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$8.75.	* indicates item with 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.	
774 cals; 907mg 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.