



NUTRITION PROGRAM FOR THE ELDERLY
Telephone: (508) 394-4630 or 1-800-394-4630
Barnstable County June 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Reservations are required for Senior Dining</i></p> <p><i>Cancellations must be made at least 24 hours in advance.</i></p>	<p>1</p> <p>Mexicali Chicken w/ Vegetables Spanish Rice Multi-grain Roll Pudding</p>	<p>2</p> <p>Swedish Meatballs Mashed Potatoes Green Beans Dinner Roll Chilled Peaches</p>	<p>3</p> <p>Boneless Herbed Roast Chicken Confetti Rice California Veggies Whole Wheat Bread Cookie</p>	<p>4</p> <p>BBQ Beef Rib O'Brien Potatoes Mixed Vegetables Fruit Muffin Fresh Fruit</p>
	<p>Calories: 639 Fat: 20% Sodium: 1054mg</p>	<p>Calories: 666 Fat: 33% Sodium: 927 mg</p>	<p>Calories: 860 Fat: 32% Sodium: 826 mg</p>	<p>Calories: 706 Fat: 34% Sodium: 527 mg</p>
<p>7</p> <p>Tuna Noodle Casserole Peas Whole Wheat Roll Mandarin Oranges</p>	<p>8</p> <p>Veal Parmesan Rigatoni w/ Tomato Sauce Italian Blend Veg Scali Bread Pears</p>	<p>9</p> <p>Cream of Broccoli Soup Savory Baked Chicken Parsley Mashed Broccoli (MOW) Multi-grain Roll Fresh Fruit</p>	<p>10</p> <p>Stuffed Shells Tomato Sauce Tuscany Blend Veg Honey Wheat Roll Pudding</p>	<p>11</p> <p>Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Whole Wheat Bread Cupcake</p>
<p>Calories: 591 Fat: 23% Sodium: 593 mg</p>	<p>Calories: 650 Fat: 22% Sodium: 897 mg</p>	<p>Calories: 842 Fat: 43% Sodium: 903 mg</p>	<p>Calories: 609 Fat: 33% Sodium: 609 mg</p>	<p>Calories: 892 Fat: 28% Sodium: 1059mg</p>
<p>14</p> <p>Beef & Cabbage Casserole Rice Fruit Muffin Applesauce</p>	<p>15</p> <p>Chicken Tetrizzini Country Style Veg Dinner Roll Chilled Pineapple</p>	<p>16</p> <p>Meatloaf w/ Mushroom Gravy Garlic Mashed Potato Green and Wax Beans Whole Wheat Bread Mixed Fruit</p>	<p>17</p> <p>Falthers' Day Meal Pineapple Ginger Chicken Smashed Potatoes Chuckwagon Corn White Bread Bread Pudding</p>	<p>18</p> <p>Beef Stew w/ Vegetables Whole Peeled Pot Multi-grain Roll Fresh Fruit</p>
<p>Calories: 760 Fat: 28% Sodium: 457 mg</p>	<p>Caloreis: 607 Fat: 29% Sdoium: 503 mg</p>	<p>Calories: 726 Fat: 33% Sodium: 598 mg</p>	<p>Calories: 636 Fat: 22% Sodium: 472 mg</p>	<p>Calories: 698 Fat: 39% Sodium: 543 mg</p>
<p>21</p> <p>Crunchy Fish Tartar Sauce Red Beans & Rice Escalloped Tomato Whole Wheat Bread Fresh Fruit</p>	<p>22</p> <p>Spanish Omelet Hash Brown Potatoes Roman Blend Veg Fruit Muffin Chilled Peaches</p>	<p>23</p> <p>Chicken Rice Soup © Honey Glaze Chicken Rice (MOW) Mixed Veggies Dinner Roll Cutie Pie</p>	<p>24</p> <p>Sloppy Joes Delmonico Potatoes Chopped Broccoli Hamburger Roll Pudding</p>	<p>25</p> <p>Turkey Divan Mashed Potatoes Honey Wheat Roll Fresh Orange</p>
<p>Calories: 666 Fat: 25% Sodium: 881 mg</p>	<p>Calories: 629 Fat: 36% Sodium: 667 mg</p>	<p>Calories: 689 Fat: 38% Sodium: 728 mg</p>	<p>Calories: 712 Fat: 35% Sodium: 868 mg</p>	<p>Calories: 665 Fat: 25% Sodium: 706 mg</p>
<p>28</p> <p>Sausage, Peppers, & Onions Lyonaisse Potatoes Summer Blend Veg Whole Wheat Bread Mixed Fruit</p>	<p>29</p> <p>Pasta w/ Meat Sauce Green Beans Snowflake Roll Fresh Fruit</p>	<p>30</p> <p>Vegetarian Chili Dirty Rice Multi-grain Roll Birthday Cake</p>	<p><i>Thank you for your voluntary \$2.00 donation per meal!</i></p> <p><i>1% milk and margarine served with meals.</i></p>	<p><i>Menu subject to change without notice.</i></p>
<p>Calories: 774 Fat: 46% Sodium: 993 mg</p>	<p>Calories: 642 Fat: 27% Sodium: 754 mg</p>	<p>Calories: 490 Fat: 25% Sodium: 636 mg</p>		

