

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 2025

Reservations & Cancellations must be made three business days in advance.

Menu subject to change without notice.



Elder Services
of Cape Cod and the Islands

Main Office in S. Dennis: 508-394-4630



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another meal or snack.</i>	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u>			
* indicates item with more than 500mg sodium				
3 Broccoli & Cheese Stuffed Chicken(410) Butternut Squash(7) Brussels Sprouts(29) Wheat Bread(135) Lemon White-Chocolate Cookie(100) MOD:Lorna Doones(147) 756 cals; 836mg sodium	4  NATIONAL CANDY DAY	5 Salmon with Creamy Balsamic Sauce(141) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(135) 2 Fresh Clementines(1) 702 cals; 505mg sodium	6 Lasagna with Turkey Bolognese & parm garnish(543)* California Veg(34) Wheat Bread(135) Fresh Banana(1) 663 cals; 868mg sodium	7 Beef Stroganoff(241) Egg Noodles(4) Spinach with Red Pepper(73) Cornbread(180) Mango in tray(0) 856 cals; 653mg sodium
10 Diced Pork Spiced with Apples(74) Roast Sweet Potato(53) Peas(79) Wheat Roll(135) Fruited Yogurt(75) 684 cals; 571mg sodium	11  THANK YOU VETERANS	12 Chicken Bruschetta(223) Baked Potato(4) California Veg(34) Garlic Bread(270) Fresh Banana(1) Sour Cream pkt(9) 697 cals; 696mg sodium	13 Meatloaf with Gravy(257) Mashed Potato with Gravy(44) Carrots(56) Wheat Roll(135) Lorna Doones(147) for both reg & MOD desserts 802 cals; 794mg sodium	14 Pollock Florentine(251) Orzo(5) Broccoli with Red Pepper(26) Cornbread(180) Pears in tray(5) 685 cals; 622mg sodium
17 Omelet with Provolone Cheese(399) LS Potato Wedges(15) Spinach with Red Pepper(73) Cranberry Orange Snack Loaf(120) Peach Cup(5) 767 cals; 767mg sodium	18  Happy 97th Birthday Mickey Mouse	19 Beef Stew(158) Brussels Sprouts(29) Biscuit(310) Pudding(135) 816 cals; 787mg sodium	20 Rst Turkey w/Gravy(537)* Stuffing garnish(244) Mashed Potato with Gravy(53) Broccoli with Red Pepper(26) Wheat Roll(135) Fresh Banana(1) 637 cals; 1151mg sodium	21 Chicken with Sage Cream Sauce(390) 2 Pumpkin/Butternut & 1 Cheese Ravioli(136) California Veg(34) Wheat Bread(135) Cinnamon Apple Slices in tray(10) 732 cals; 860mg sodium
24 Braised Beef with Onion & Pepper Sauce(93) Veggie Rice Pilaf(46) Green Beans(20) Wheat Bread(135) Lorna Doones(147) for both reg & MOD desserts 832 cals; 596mg sodium	25 	26 Chicken Anna Maria(376) Polenta(16) Peas & Carrots(68) Wheat Bread(135) 2 Fresh Clementines(1) 694 cals; 751mg sodium	27 SITES CLOSED 	
			28 SITES CLOSED	

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 125mg sodium.