

ELDER NUTRITION PROGRAM

Barnstable County NOVEMBER 2025

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



Elder Services
of Cape Cod and the Islands



Menu subject to change without notice.

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> * indicates item with more than 500mg sodium	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u>			
3 Roasted Tofu with Veg Gravy(69) Butternut Squash(7) Brussels Sprouts(29) Wheat Bread(135) Lemon White-Chocolate Cookie(100)	4 NATIONAL CANDY DAY	5 Veg Chik'n with Creamy Balsamic Sauce(367) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(135) 2 Fresh Clementines(1)	6 Cheese Lasagna with Lentil Bolognese & parm garnish(504)* California Veg(34) Wheat Bread(135) Fresh Banana(1)	7 Veg Meatball Stroganoff(578)* Egg Noodles(4) Spinach with Red Pepper(73) Cornbread(180) Mango in tray(0)
685 cal; 495mg sodium		752 cal; 731mg sodium	690 cal; 829mg sodium	749 cal; 990mg sodium
10 Veg Sausage Spiced with Apples(507)* Roast Sweet Potato(53) Peas(79) Wheat Roll(135) Fruited Yogurt(75)	11 THANK YOU VETERANS	12 Tofu Bruschetta(25) Baked Potato(4) California Veg(34) Garlic Bread(270) Fresh Banana(1) Sour Cream pkt(9)	13 Veg Meatloaf with Veg Gravy(563)* Mashed Potato with Veg Gravy(44) Carrots(56) Wheat Roll(135) Lorna Doones(147)	14 Veg Chik'n Florentine(372) Orzo(5) Broccoli with Red Pepper(26) Cornbread(180) Pears in tray(5)
685 cal; 1004mg sodium		716 cal; 498mg sodium	716 cal; 1100mg sodium	776 cal; 743mg sodium
17 Omelet with Provolone Cheese(399) LS Potato Wedges(15) Spinach with Red Pepper(73) Cranberry Orange Snack Loaf(120) Peach Cup(5)	18 Happy 97th Birthday	19 Lentil Stew with potato, peas, & carrots(87) Brussels Sprouts(29) Biscuit(310) Pudding(135)	20 Veg Chik'n with Veg Gravy(348) Stuffing garnish(244) Mashed Potato with Veg Gravy(53) Broccoli with Red Pepper(26) Wheat Roll(135) Fresh Banana(1)	21 White Beans with Sage Cream Sauce(310) 2 Pumpkin/Butternut & 1 Cheese Ravioli(136) California Veg(34) Wheat Bread(135) Cinnamon Apple Slices in tray(10)
767 cal; 767mg sodium	Mickey Mouse	739 cal; 716mg sodium	712 cal; 962mg sodium	737 cal; 780mg sodium
24 Veg Sausage with Onion & Pepper Sauce(550)* Veggie Rice Pilaf(46) Green Beans(20) Wheat Bread(135) Lorna Doones(147)	25 HAPPY THANKSGIVING	26 Veg Chik'n Anna Maria(457) Polenta(16) Peas & Carrots(68) Wheat Bread(135) 2 Fresh Clementines(1)	27 SITES CLOSED	
716 cal; 1053mg sodium		775 cal; 832mg sodium	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.