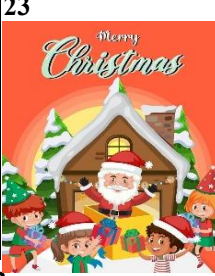


**ELDER NUTRITION PROGRAM****Barnstable County DECEMBER 2025****Reservations & Cancellations must be made three business days in advance.**
**Elder Services**  
 of Cape Cod and the Islands
**Menu subject to change without notice.****Main Office in S. Dennis: 508-394-4630**

| MONDAY                                                                                                                                                                                                            | TUESDAY                                                                                          | WEDNESDAY                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                           | FRIDAY                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>Veg Cheddar Burger(500)*<br>LS Potato Wedges(15)<br>Spinach/Red Pepper(73)<br>Hawaiian Burger Bun(120)<br>Peach Cup(5)<br>Ketchup pkt(82)<br><b>799 cals; 950mg sodium</b>                            | <b>2</b><br>    | <b>3</b><br>Veg Chik'n Piccata(301)<br>Roast Sweet Potato(53)<br>Green Beans(20)<br>Wheat Roll(150)<br>Lorna Doones(147)<br><b>718 cals; 826mg sodium</b>                                                      | <b>4</b><br>Braised Lentils with<br>Mustard Wine Sauce(321)<br>Tater Tots(230)<br>California Veg(34)<br>Wheat Bread(150)<br>Fresh Pear(2)<br><b>746 cals; 892mg sodium</b>                                                                                                                         | <b>5</b><br>Tofu Fajita Bowl(231)<br>Rice & Beans(100)<br>Broccoli(26)<br>1 Tortilla(170)<br>Mango in tray(0)<br><b>680 cals; 682mg sodium</b>                                                            |
| <b>8</b><br>Veg Sausage with Thai-<br>Coconut Sauce(559)*<br>Edamame & Corn(21)<br>Peas(79)<br>Hawaiian Dinner Roll(80)<br>Lemon White-Chocolate<br>Cookie(100)<br><b>873 cals; 994mg sodium</b>                  | <b>9</b><br>    | <b>10</b><br>Deconstructed Veg<br>Chickpea Pot Pie(351)<br>Broccoli(26)<br>Biscuit(310)<br>Fresh Banana(1)<br><b>814 cals; 843mg sodium</b>                                                                    | <b>11</b><br>Omelet with<br>Mozzarella(472)<br>Home Fries with<br>Peppers & Onions(63)<br>Stewed Tomatoes(252)<br>Blueberry Snack Loaf(160)<br>2 Fresh Clementines(1)<br><b>723 cals; 1103mg sodium</b>                                                                                            | <b>12</b><br>Veg Meatloaf with<br>Veg Gravy(683)*<br>Mashed Potato<br>with Gravy(98)<br>Spinach(93)<br>Wheat Bread(150)<br>Apple Slices in tray(10)<br><b>664 cals; 1189mg sodium</b>                     |
| <b>15</b><br>Veg Chik'n with<br>Lemon Herb Sauce(369)<br>Potato Latkes(370)<br>Brussels Sprouts &<br>Carrots(43)<br>Wheat Roll(150)<br>Fudge Cookie(80)<br>Sour Cream packet(9)<br><b>889 cals; 1176mg sodium</b> | <b>16</b><br>  | <b>17</b><br>Braised Beans w/ Pesto<br>Cream Sauce(573)*<br>Mashed Butternut(7)<br>Peas(79)<br>Wheat Bread(150)<br>2 Fresh Clementines(1)<br><b>709 cals; 965mg sodium</b>                                     | <b>18</b><br>Veg Meatball<br>Stroganoff(578)*<br>Egg Noodles(4)<br>California Veg(34)<br>Wheat Roll(150)<br>Fresh Banana(1)<br><b>683 cals; 922mg sodium</b>                                                                                                                                       | <b>19</b><br>Tofu with Pineapple-<br>Raisin Sauce(78)<br>Mashed Potato(21)<br>Spinach/Red Pepper(73)<br>Hawaiian Dinner Roll(80)<br>Cinnamon Apple Slices<br>in tray(10)<br><b>640 cals; 417mg sodium</b> |
| <b>22</b><br>Veg Sausage with<br>Veg Gravy(658)*<br>Roast Sweet Potato(53)<br>Mixed Veg(60)<br>Wheat Bread(150)<br>Pear Cup(5)<br><b>688 cals; 1081mg sodium</b>                                                  | <b>23</b><br> | <b>24</b><br>Roast Tofu with<br>Veg Gravy(176)<br>Baked Potato(4)<br>Mixed Root Veg(65)<br>Wheat Roll(150)<br>Pudding(135)<br>Sour Cream pkt(9)<br><b>689 cals; 694mg sodium</b>                               | <b>25 SITES CLOSED</b><br>                                                                                                                                                                                     | <b>26</b><br>Cheesy Veg Rice<br>Bake(494)<br>Broccoli(26)<br>Wheat Bread(150)<br>Pineapple in tray(1)<br><b>648 cals; 826mg sodium</b>                                                                    |
| <b>29</b><br>Veg Chik'n w/ Rosemary-<br>Garlic Sauce(469)<br>Cheesy Mashed<br>Potato(68)<br>Green Beans with<br>Red Pepper(20)<br>Wheat Roll(150)<br>Peach Cup(5)<br><b>812 cals; 867mg sodium</b>                | <b>30</b><br> | <b>31</b><br>Veggie Fritters with<br>Creole Sauce(448)<br>Black Beans, Corn, &<br>Red Pepper(91)<br>Beets & Collards(117)<br>Cornbread mini loaf(180)<br>Oatmeal Cookie(105)<br><b>752 cals; 1096mg sodium</b> | <i>In order to reduce<br/>           sodium at this meal,<br/>           you may want to save<br/>           items such as bread,<br/>           milk, or dessert &amp; have<br/>           them with another<br/>           meal or snack.</i><br>* indicates item with<br>more than 500mg sodium | <b>Thank you for<br/>           your voluntary<br/>           donation of<br/>           \$4.00 per meal<br/>           towards actual<br/>           cost of \$12.35</b>                                 |

**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.