

ELDER NUTRITION PROGRAM

Barnstable County JANUARY 2026

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

Menu subject to change without notice.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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></p> <p>*indicates item with more than 500mg sodium</p>	<p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u></p>		<p>1 SITES CLOSED</p>	<p>2</p> <p>Beef & Broccoli(381) Brown Rice Pilaf(40) Green Beans with Red Pepper(20) Wheat Bread(150) Pineapple in tray(1)</p> <p>822 cals; 747mg sodium</p>
<p>5</p> <p>Chicken Drumsticks with Stewed Tomato(256) Cheesy Grits(51) Mixed Veg(60) Wheat Roll(150) Peach Cup(5)</p> <p>724 cals; 677mg sodium</p>		<p>7</p> <p>Pork with Mushroom Cream Sauce(181) Roast Sweet Potato(53) Broccoli(26) Wheat Bread(150) Fresh Banana(1)</p> <p>701 cals; 566mg sodium</p>	<p>8</p> <p>Homemade Meatloaf with Gravy(377) Roast Potato(90) Brussels Sprouts & Carrots(41) Wheat Roll(150) Lorna Doones(147) for both reg & MOD dessert</p> <p>802 cals; 960mg sodium</p>	<p>9</p> <p>Chicken Cacciatore(503)* Pasta(4) California Veg(34) Garlic Bread(270) Pears in tray(5)</p> <p>705 cals; 971mg sodium</p>
<p>12</p> <p>Beef Stew(158) Mashed Butternut Squash(7) Biscuit(310) Yogurt(75)</p> <p>816 cals; 705mg sodium</p>		<p>14</p> <p>Chicken with Sage Cream Sauce(382) 2 Pumpkin Ravioli & 1 Cheese Ravioli(136) California Veg(34) Wheat Roll(150) 2 Clementines(1)</p> <p>732 cals; 858mg sodium</p>	<p>15</p> <p>Pollock Florentine(251) Brown Rice Pilaf(40) Green Beans with Red Pepper(20) Wheat Bread(150) Fresh Pear(2) Garden Veg Soup(109) for cong dining only</p> <p>662 cals; 618mg sodium</p>	<p>16</p> <p>Roast Turkey with Gravy(648)* Mashed Potato with Gravy(100) Peas & Carrots(68) Cornbread(180) Apple Slices in tray(10)</p> <p>692 cals; 1161mg sodium</p>
<p>19 SITES CLOSED</p>	<p>20</p>	<p>21</p> <p>Omelet with Swiss Cheese(472) LS Potato Wedges(15) Broccoli/Red Pepper(26) Cranberry Orange Snack Loaf(120) Fresh Banana(1)</p> <p>776 cals; 789mg sodium</p>	<p>22</p> <p>White Chili with Chicken, white beans, corn, & sweet potato(343) Shredded cheddar(94) Peas(79) Wheat Roll(150) 2 Clementines(1)</p> <p>694 cals; 822mg sodium</p>	<p>23</p> <p>Braised Beef with Onion & Pepper Sauce(93) Brown Rice & Quinoa Pilaf(43) Green Beans(20) Cornbread(180) Mango in tray(0)</p> <p>847 cals; 491mg sodium</p>
<p>26</p> <p>Broccoli & Cheese Stuffed Chicken(410) Baked Potato(4) Mixed Veg(60) Wheat Bread(150) Flavored Applesauce(15) Sour Cream pkt(9)</p> <p>730 cals; 803mg sodium</p>		<p>28</p> <p>Beef Stroganoff(241) Egg Noodles(4) Beets & Collards(117) Wheat Roll(150) Lorna Doones(147) for both reg & MOD dessert</p> <p>856 cals; 814mg sodium</p>	<p>29</p> <p>Pork Marsala(233) Roast Sweet Potato(53) Green Beans(20) Wheat Bread(150) Fresh Banana(1)</p> <p>726 cals; 612mg sodium</p>	<p>30</p> <p>Shrimp Scampi(432) Angel Hair Pasta(4) California Veg(34) Garlic Bread(270) Peaches in tray(5)</p> <p>658 cals; 900mg sodium</p>

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.