

ELDER NUTRITION PROGRAM

Barnstable County FEBRUARY 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



Elder Services
of Cape Cod and the Islands

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Thai Coconut Beef(102) Edamame & Corn(21) Peas(79) Hawaiian Dinner Roll(80) Pound Cake(240) MOD:Lorna Doones(147)	3 	4 Roasted Drumsticks(120) Macaroni & Cheese(412) California Veg(34) Wheat Bread(150) Fresh Pear(2)	5 Creamy Cajun Pollock(342) Veg Brown Rice Pilaf(46) Green Beans(20) Wheat Roll(150) 2 Fresh Clementines(1)	6 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(98) Spinach(93) Wheat Bread(150) Apple Slices(10) in tray
980 cals; 677mg sodium	Groundhog Day	854 cals; 873mg sodium	712 cals; 714mg sodium	750 cals; 883mg sodium
9 Chicken Cordon Royale(550)* Mashed Butternut Sq.(7) Green Beans(20) Wheat Bread(150) Fruited Yogurt(75)	10 	11 Pork w/ Peach Sauce(84) Cheesy Mashed Potato(68) Brussels Sprouts & Carrots(41) Wheat Roll(150) Lorna Doones(147) for both reg & MOD dessert	12 Beef Fajita Bowl with Rice(276) Broccoli(26) 1 Tortilla(170) Fresh Banana(1) <i>Vegetable Soup(109) for cong dining only</i>	13 Tuscan Chicken with Bowtie Pasta(380) Mixed Veg(60) Garlic Bread(270) Strawberries(2) in tray
708 cals; 957mg sodium		736 cals; 645mg sodium	847 cals; 628mg sodium	748 cals; 867mg sodium
16 SITES CLOSED 	17 HAPPY CHINESE NEW YEAR 	18 Potato Pollock(330) Corn(19) California Veg(34) Wheat Roll(150) Fresh Banana(1) Tartar Sauce pkt(85)	19 Deconstructed Chicken Pot Pie(185) Green Beans(20) Biscuit(310) 2 Fresh Clementines(1) <i>Tomato-Cabbage Soup(91) for cong dining only</i>	20 Omelet with Monterey-Jack Cheese & Peppers & Onions(432) LS Potato Wedges(15) Cranberry Orange Snack Loaf(120) Peaches(5) in tray
	Year of the Horse	693 cals; 774mg sodium	759 cals; 671mg sodium	744 cals; 727mg sodium
23 Pork Spiced with Apples(74) Mashed Potato(21) Beets & Greens(117) Wheat Roll(150) Chocolate Cake(183) MOD:Lorna Doones(147)	24 	25 Chicken Anna Maria(368) Roast Sweet Potato(53) Broccoli(26) Wheat Bread(150) Fresh Banana(1)	26 Roast Turkey with Gravy(578)* Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Fruited Yogurt(75) Sour Cream pkt(9)	27 Salmon with Creamy Dill Sauce & Rice(215) California Veg(34) Hawaiian Dinner Roll(80) Pineapple(1) in tray
794 cals; 700mg sodium		704 cals; 753mg sodium	674 cals; 1031mg sodium	751 cals; 485mg sodium
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. *indicates item with more than 500mg sodium	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35			

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.