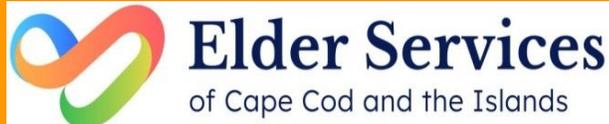


**ELDER NUTRITION PROGRAM**  
**Barnstable County JANUARY 2026**  
**Reservations & Cancellations must be made three business days in advance.**



**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 &amp; 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>January</p>	<p><b>1 SITES CLOSED</b></p>	<p><b>2</b></p> <p>Tofu &amp; Broccoli(360)            Brown Rice Pilaf(40)            Green Beans with Red Pepper(20)            Wheat Bread(150)            Pineapple in tray(1)</p> <p><b>684 cal; 726mg sodium</b></p>
<p><b>5</b></p> <p>Veg Sausage with Stewed Tomato(668)*            Cheesy Grits(51)            Mixed Veg(60)            Wheat Roll(150)            Peach Cup(5)</p> <p><b>675 cal; 1089mg sodium</b></p>		<p><b>7</b></p> <p>Veg Chik'n w/ Mushroom Cream Sauce(425)            Roast Sweet Potato(53)            Broccoli(26)            Wheat Bread(150)            Fresh Banana(1)</p> <p><b>760 cal; 810mg sodium</b></p>	<p><b>8 HIGH SODIUM MEAL</b></p> <p>Veg Meatloaf with Veg Gravy(683)*            Roast Potato(90)            Brussels Sprouts &amp; Carrots(41)            Wheat Roll(150)            Lorna Doones(147)</p> <p><b>716 cal; 1266mg sodium</b></p>	<p><b>9</b></p> <p>Veg Carbonara with Pasta(477)            California Veg(34)            Garlic Bread(270)            Pears in tray(5)</p> <p><b>729 cal; 941mg sodium</b></p>
<p><b>12</b></p> <p>Lentil Stew with potato, peas, &amp; carrots(87)            Mashed Butternut Squash(7)            Biscuit(310)            Yogurt(75)</p> <p><b>739 cal; 634mg sodium</b></p>		<p><b>14</b></p> <p>White Beans with Sage Cream Sauce(310)            2 Pumpkin Ravioli &amp; 1 Cheese Ravioli(136)            California Veg(34)            Wheat Roll(150)            2 Clementines(1)</p> <p><b>776 cal; 786mg sodium</b></p>	<p><b>15</b></p> <p>Tofu Florentine(93)            Brown Rice Pilaf(40)            Green Beans with Red Pepper(20)            Wheat Bread(150)            Fresh Pear(2)</p> <p><b>690 cal; 460mg sodium</b></p>	<p><b>16</b></p> <p>Veg Chik'n with Veg Gravy(459)*            Mashed Potato with Veg Gravy(100)            Peas &amp; Carrots(68)            Cornbread(180)            Apple Slices in tray(10)</p> <p><b>768 cal; 972mg sodium</b></p>
<p><b>19 SITES CLOSED</b></p>		<p><b>21</b></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><b>776 cal; 789mg sodium</b></p>	<p><b>22</b></p> <p>White Chili with beans, corn, &amp; sweet potato(523)*            Shredded cheddar(94)            Peas(79)            Wheat Roll(150)            2 Clementines(1)</p> <p><b>663 cal; 1002mg sodium</b></p>	<p><b>23</b></p> <p>Veg Sausage with Onion &amp; Pepper Sauce(550)*            Brown Rice &amp; Quinoa Pilaf(43)            Green Beans(20)            Cornbread(180)            Mango in tray(0)</p> <p><b>730 cal; 948mg sodium</b></p>
<p><b>26</b></p> <p>Braised Beans with Gravy(183)            Baked Potato(4)            Mixed Veg(60)            Wheat Bread(150)            Flavored Applesauce(15)            Sour Cream pkt(9)</p> <p><b>653 cal; 576mg sodium</b></p>		<p><b>28</b></p> <p>Veg Meatball Stroganoff(578)*            Egg Noodles(4)            Beets &amp; Collards(117)            Wheat Roll(150)            Lorna Doones(147)</p> <p><b>750 cal; 1151mg sodium</b></p>	<p><b>29</b></p> <p>Veg Chik'n Marsala(477)            Roast Sweet Potato(53)            Green Beans(20)            Wheat Bread(150)            Fresh Banana(1)</p> <p><b>785 cal; 856mg sodium</b></p>	<p><b>30</b></p> <p>Tofu &amp; Artichoke Scampi(119)            Angel Hair Pasta(4)            California Veg(34)            Garlic Bread(270)            Peaches in tray(5)</p> <p><b>709 cal; 587mg sodium</b></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.**