

ELDER NUTRITION PROGRAM

Barnstable County FEBRUARY 2026

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
2 Thai Coconut Tofu(81) Edamame & Corn(21) Peas(79) Hawaiian Dinner Roll(80) Pound Cake(240)	3 	4 Falafel Nuggets(310) Macaroni & Cheese(412) California Veg(34) Wheat Bread(150) Fresh Pear(2)	5 Creamy Cajun Beans(302) Veg Brown Rice Pilaf(46) Green Beans(20) Wheat Roll(150) 2 Fresh Clementines(1)	6 Veg Meatloaf with Veg Gravy(683)* Mashed Potato with Gravy(98) Spinach(93) Wheat Bread(150) Apple Slices(10) in tray
842 cals; 656mg sodium	Groundhog Day	812 cals; 1063mg sodium	726 cals; 674mg sodium	664 cals; 1189mg sodium
9 Veg Sausage & Cabbage(513)* Mashed Butternut Sq.(7) Green Beans(20) Wheat Bread(150) Fruited Yogurt(75)	10 	11 Field Pea Fritters with Peach Sauce(348) Cheesy Mashed Potato(68) Brussels Sprouts & Carrots(41) Wheat Roll(150) Lorna Doones(147)	12 Tofu Fajita Bowl with Rice(255) Broccoli(26) 1 Tortilla(170) Fresh Banana(1)	13 Veg Tuscan Chik'n with Bowtie Pasta(469) Mixed Veg(60) Garlic Bread(270) Strawberries(2) in tray
619 cals; 920mg sodium		744 cals; 909mg sodium	708 cals; 607mg sodium	832 cals; 956mg sodium
16 SITES CLOSED 	17 HAPPY CHINESE NEW YEAR  Year of the Horse	18 Kelp Nuggets(440) Corn(19) California Veg(34) Wheat Roll(150) Fresh Banana(1) Tartar Sauce pkt(85)	19 Deconstructed Chickpea Pot Pie(351) Green Beans(20) Biscuit(310) 2 Fresh Clementines(1)	20 Omelet with Monterey-Jack Cheese & Peppers & Onions(432) LS Potato Wedges(15) Cranberry Orange Snack Loaf(120) Peaches(5) in tray
		753 cals; 884mg sodium	805 cals; 837mg sodium	744 cals; 727mg sodium
23 Veg Sausage Spiced with Apples(507)* Mashed Potato(21) Beets & Greens(117) Wheat Roll(150) Chocolate Cake(182)	24  NATIONAL TORTILLA CHIP DAY FEBRUARY 24	25 Veg Chik'n Anna Maria(457) Roast Sweet Potato(53) Broccoli(26) Wheat Bread(150) Fresh Banana(1)	26 Roast Tofu with Gravy(180) Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Fruited Yogurt(75) Sour Cream pkt(9)	27 Creamy Dill White Beans & Rice(288) California Veg(34) Hawaiian Dinner Roll(80) Pineapple(1) in tray
795 cals; 1132mg sodium		789 cals; 842mg sodium	703 cals; 633mg sodium	740 cals; 558mg sodium
<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>	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</u>			
*indicates item with more than 500mg sodium				
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.