

**ELDER NUTRITION PROGRAM**

**Barnstable County MARCH 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><b>2</b> Cajun Chicken(261) Corn w/ Red Pepper(19) Kale &amp; Beans(205) Wheat Bread(150) Lemon White-Chocolate Cookie(100) MOD:Lorna Doones(147)</p>	<p><b>3</b>  <b>MARCH</b> <i>In like a lion . . .</i></p>	<p><b>4</b> Beef Stroganoff(241) Egg Noodles(4) Peas &amp; Carrots(68) Wheat Roll(150) 2 Fresh Clementines(1)</p>	<p><b>5</b> Broccoli &amp; Cheese Stuffed Chicken(410) Roast Sweet Potato(53) Green Beans with Red Pepper(20) Wheat Bread(150) Fresh Banana(1) <b>Butternut Soup(104) for cong dining only</b></p>	<p><b>6</b> Shrimp Scampi with Angel Hair Pasta(436) California Veg(34) Garlic Bread(270) Pears(5) in tray</p>
<b>832 cal; 890mg sodium</b>		<b>802 cal; 619mg sodium</b>	<b>712 cal; 789mg sodium</b>	<b>665 cal; 900mg sodium</b>
<p><b>9</b> Beef Stew(158) Butternut Squash(7) Biscuit(310) Flavored Applesauce(15)</p>	<p><b>10</b> </p>	<p><b>11</b> Cheesy Brown Rice &amp; Chicken Bake(587)* Broccoli(26) Wheat Roll(150) Fresh Banana(1)</p>	<p><b>12 High Sodium Meal</b> Corned Beef &amp; Cabbage(762)* Parslied Boiled Potato(128) Carrots(56) Mini Cornbread Loaf(180) Small Cookie(70) <i>for both reg &amp; MOD dessert</i></p>	<p><b>13</b> Cheese Ravioli with Lentil Bolognese &amp; parm garnish(514)* Green Beans with Red Pepper(20) Wheat Bread(150) Peaches(5) in tray</p>
<b>776 cal; 645mg sodium</b>		<b>788 cal; 919mg sodium</b>	<b>695 cal; 1351mg sodium</b>	<b>699 cal; 844mg sodium</b>
<p><b>16</b> Chicken Noodle Casserole(334) Spinach with Red Pepper(73) Wheat Roll(150) Yogurt(75)</p>	<p><b>17</b>  <b>HAPPY ST. PATRICK'S DAY</b></p>	<p><b>18</b> Roast Turkey with Gravy(578)* Mashed Potato with Gravy(100) California Veg(34) Mini Cornbread Loaf(180) 2 Fresh Clementines(1)</p>	<p><b>19</b> Homemade Meatloaf with Gravy(377) Roast Potato(90) Broccoli(26) Wheat Roll(150) Fresh Apple(1) <b>Minestrone Soup(129) for cong dining only</b></p>	<p><b>20</b> Pollock with Garlic Herb Cream Sauce(456) Veg Brown Rice Pilaf(46) Brussels Sprouts(29) Wheat Bread(150) Pineapple(1) in tray</p>
<b>728 cal; 787mg sodium</b>		<b>674 cal; 1048mg sodium</b>	<b>742 cal; 799mg sodium</b>	<b>763 cal; 837mg sodium</b>
<p><b>23</b> Diced Pork with Mustard-Wine Sauce(271) Roast Sweet Potato(53) Peas(79) Wheat Roll(150) Pound Cake(240) MOD:Lorna Doones(147)</p>	<p><b>24</b> </p>	<p><b>25</b> Braised Beef with Onion-Pepper Sauce(93) Brown Rice Pilaf(40) Spinach(93) Wheat Bread(150) Fresh Pear(2)</p>	<p><b>26</b> Chicken Alfredo(483) Fettuccini(4) California Veg(34) Garlic Bread(270) Fresh Banana(1)</p>	<p><b>27</b> Omelet with Provolone Cheese(399) LS Potato Wedges(15) Broccoli(26) Blueberry Snack Loaf(160) Apple Slices(10) in tray</p>
<b>829 cal; 948mg sodium</b>		<b>799 cal; 533mg sodium</b>	<b>703 cal; 947mg sodium</b>	<b>792 cal; 765mg sodium</b>
<p><b>30</b> Sloppy Joe(114) Cheesy Mashed Potato(68) Carrots(56) Hawaiian Burger Bun(120) Pudding(135) <i>for both reg &amp; MOD dessert</i></p>	<p><b>31</b> </p>	<p> <b>MARCH</b></p>	<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> *indicates item with more than 500mg sodium</p>	<p><b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b></p>
<b>779 cal; 648mg sodium</b>	<i>. . . Out like a lamb.</i>			

**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.