

ELDER NUTRITION PROGRAM

Barnstable County MARCH 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
<p>2</p> <p>Creamy Cajun Veg Chik'n(463) Corn w/ Red Pepper(19) Kale & Beans(205) Wheat Bread(150) Lemon White-Chocolate Cookie(100)</p>	<p>3</p>  <p>MARCH</p> <p><i>In like a lion . . .</i></p>	<p>4</p> <p>Veg Meatball Stroganoff(241) Egg Noodles(4) Peas & Carrots(68) Wheat Roll(150) 2 Fresh Clementines(1)</p>	<p>5</p> <p>Cheesy Egg & Broccoli Bake(624)* Roast Sweet Potato(53) Green Beans with Red Pepper(20) Wheat Bread(150) Fresh Banana(1)</p>	<p>6</p> <p>Tofu & Artichoke Scampi with Angel Hair Pasta(436) California Veg(34) Garlic Bread(270) Pears(5) in tray</p>
885 cal; 1092mg sodium		695 cal; 956mg sodium	902 cal; 1003mg sodium	716 cal; 587mg sodium
<p>9</p> <p>Lentil Stew with potato, peas, & carrots(87) Butternut Squash(7) Biscuit(310) Flavored Applesauce(15)</p>	<p>10</p> 	<p>11</p> <p>Cheesy Brown Rice Bake(488) Broccoli(26) Wheat Roll(150) Fresh Banana(1)</p>	<p>12</p> <p>Veg Sausage & Cabbage(513)* Parslied Boiled Potato(128) Carrots(56) Mini Cornbread Loaf(180) Small Cookie(70)</p>	<p>13</p> <p>Cheese Ravioli with Lentil Bolognese & parm garnish(514)* Green Beans with Red Pepper(20) Wheat Bread(150) Peaches(5) in tray</p>
699 cal; 575mg sodium		661 cal; 820mg sodium	724 cal; 1102mg sodium	699 cal; 844mg sodium
<p>16</p> <p>Veg Noodle Casserole with Beans(430) Spinach with Red Pepper(73) Wheat Roll(150) Yogurt(75)</p>	<p>17</p>  <p>HAPPY ST. PATRICK'S DAY</p>	<p>18</p> <p>Roast Tofu with Gravy(180) Mashed Potato with Gravy(100) California Veg(34) Mini Cornbread Loaf(180) 2 Fresh Clementines(1)</p>	<p>19</p> <p>Veg Meatloaf with Veg Gravy(683)* Roast Potato(90) Broccoli(26) Wheat Roll(150) Fresh Apple(1)</p>	<p>20</p> <p>Veg Chik'n with Garlic-Herb Cream Sauce(577)* Veg Brown Rice Pilaf(46) Brussels Sprouts(29) Wheat Bread(150) Pineapple(1) in tray</p>
733 cal; 887mg sodium		702 cal; 651mg sodium	656 cal; 1106mg sodium	854 cal; 958mg sodium
<p>23</p> <p>Veg Chik'n with Mustard-Wine Sauce(271) Roast Sweet Potato(53) Peas(79) Wheat Roll(150) Pound Cake(240)</p>	<p>24</p>  <p>Spring</p>	<p>25</p> <p>Veg Sausage with Onion-Pepper Sauce(93) Brown Rice Pilaf(40) Spinach(93) Wheat Bread(150) Fresh Pear(2)</p>	<p>26</p> <p>Tofu Alfredo(293) Fettuccini(4) California Veg(34) Garlic Bread(270) Fresh Banana(1)</p>	<p>27</p> <p>Omelet with Provolone Cheese(399) LS Potato Wedges(15) Broccoli(26) Blueberry Snack Loaf(160) Apple Slices(10) in tray</p>
847 cal; 1173mg sodium		682 cal; 991mg sodium	725 cal; 757mg sodium	792 cal; 765mg sodium
<p>30</p> <p>Veg Sloppy Joe(396) Cheesy Mashed Potato(68) Carrots(56) Hawaiian Burger Bun(120) Pudding(135)</p>	<p>31</p> 	 <p>MARCH</p>	<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>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</p>
711 cal; 931mg sodium	<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.