

# ELDER NUTRITION PROGRAM







Barnstable County APRIL 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>Happy Passover</p> 	<p>1 Tuscan Chicken(384) Polenta(16) Spinach(93) Wheat Roll(150) 2 Fresh Clementines(1)</p>	<p>2 Hot Dog(540)* Baked Beans(140) Broccoli/Red Pepper(26) Hot Dog Bun(85) Applesauce Cup(15) Ketchup pkt(82)</p>	<p>3 Salmon Teriyaki(523)* Edamame &amp; Corn(21) Green Beans with Red Pepper(20) Wheat Bread(150) Peaches in tray(5)</p>
		<b>695 cal; 799mg sodium</b>	<b>857 cal; 1043mg sodium</b>	<b>678 cal; 874mg sodium</b>
<p>6 Ham with Pineapple-Raisin Sauce(724)* Mashed Potato(22) Spinach(93) Hawaiian Dinner Roll(80) Fruited Yogurt(75)</p>	<p>7 Happy Easter</p> 	<p>8 Thai Coconut Beef(102) Brown Rice Pilaf(40) Green Beans(20) Wheat Bread(150) 2 Fresh Clementines(1)</p>	<p>9 Stuffed Shells with Beef Bolognese &amp; parm garnish(458) California Veg(34) Garlic Bread(270) Lorna Doones(147) for reg &amp; MOD desserts</p>	<p>10 Deconstructed Chicken Pot Pie(171) with carrots, peas, &amp; corn Broccoli(26) Biscuit(310) Pears in tray(5)</p>
<b>674 cal; 1149mg sodium</b>		<b>869 cal; 468mg sodium</b>	<b>776 cal; 1064mg sodium</b>	<b>731 cal; 667mg sodium</b>
<p>13 Roast Turkey with Gravy(578)* Butternut Squash(7) Green Beans(20) Wheat Roll(150) Chocolate Cake(182) MOD:Lorna Doones(147)</p>	<p>14</p> 	<p>15 Omelet with Mozzarella(472) Home Fries with Peppers &amp; Onions(63) Stewed Tomatoes(252) Cranberry Orange Snack Loaf(120) Fresh Banana(1)</p>	<p>16 <b>COLD PLATE</b> Caprese Pasta Salad with Chicken(208) Cole Slaw(97) Mini Cornbread Loaf(180) 2 Fresh Clementines(1) <b>Wild Rice &amp; Turkey Soup(141)</b> <i>for cong dining only</i></p>	<p>17 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(98) Carrots(56) Wheat Bread(150) Apple Slices in tray(10)</p>
<b>765 cal; 1092mg sodium</b>		<b>704 cal; 1063mg sodium</b>	<b>805 cal; 641mg sodium</b>	<b>745 cal; 846mg sodium</b>
<p>20 <b>SITES CLOSED</b></p>  <p><b>PATRIOT'S DAY</b></p>	<p>21 Save the Earth</p> 	<p>22 White Chicken Chili with shredded cheddar &amp; white beans, corn, &amp; sweet potato(437) Brussels Sprouts(29) Wheat Roll(150) Fruited Yogurt(75)</p>	<p>23 Beef Stroganoff(241) Egg Noodles(4) California Veg(34) Wheat Bread(150) Fresh Banana(1)</p>	<p>24 Lasagna with Beef Bolognese &amp; parm garnish(560)* Broccoli(26) Garlic Bread(270) Peaches in tray(5)</p>
		<b>681 cal; 846mg sodium</b>	<b>790 cal; 585mg sodium</b>	<b>738 cal; 1016mg sodium</b>
<p>27 Chicken Piccata(357) Roast Sweet Potato(53) Beets &amp; Greens(117) Wheat Bread(150) Pudding(135)</p>	<p>28 APRIL Showers Bring MAY Flowers</p> 	<p>29 Beef Fajita Bowl with Rice(276) Spinach(93) 1 Tortilla(170) Fresh Apple(1)</p>	<p>30 Diced Pork w/Mushroom Cream Sauce(200) Mashed Potato(22) Broccoli/Red Pepper(26) Wheat Roll(150) Fresh Pear(2) <b>Curried Butternut Soup(104)</b> <i>for cong dining only</i></p>	<p><b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b></p>
<b>727 cal; 967mg sodium</b>		<b>847 cal; 695mg sodium</b>	<b>709 cal; 555mg sodium</b>	

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.