

# 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 Veg Tuscan Chik'n(465) Polenta(16) Spinach(93) Wheat Roll(150) 2 Fresh Clementines(1)</p>	<p>2 Kelp Meatballs with marinara &amp; mozzarella(530) Baked Beans(140) Broccoli/Red Pepper(26) Hot Dog Bun(140) Applesauce Cup(15)</p>	<p>3 Tofu Teriyaki(470) Edamame &amp; Corn(21) Green Beans with Red Pepper(20) Wheat Bread(150) Peaches in tray(5)</p>
		<b>776 cal; 880mg sodium</b>	<b>844 cal; 1006mg sodium</b>	<b>666 cal; 821mg sodium</b>
<p>6 Veg Chik'n w/ Pineapple-Raisin Sauce(357) Mashed Potato(22) Spinach(93) Hawaiian Dinner Roll(80) Fruited Yogurt(75)</p>	<p>7 Happy Easter</p>	<p>8 Thai Coconut Tofu(81) Brown Rice Pilaf(40) Green Beans(20) Wheat Bread(150) 2 Fresh Clementines(1)</p>	<p>9 Stuffed Shells with Lentil Bolognese &amp; parm garnish(433) California Veg(34) Garlic Bread(270) Lorna Doones(147)</p>	<p>10 Deconstructed Chickpea Pot Pie(351) with carrots, peas, &amp; corn Broccoli(26) Biscuit(310) Pears in tray(5)</p>
		<b>748 cal; 782mg sodium</b>	<b>803 cal; 1039mg sodium</b>	<b>795 cal; 847mg sodium</b>
<p>13 Roast Tofu with Gravy(180) Butternut Squash(7) Green Beans(20) Wheat Roll(150) Chocolate Cake(182)</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 COLD PLATE Caprese Pasta Salad w/ 2 hard boiled eggs(272) Cole Slaw(97) Mini Cornbread Loaf(180) 2 Fresh Clementines(1)</p>	<p>17 Veg Meatloaf with Veg Gravy(683)* Mashed Potato with Veg Gravy(98) Carrots(56) Wheat Bread(150) Apple Slices in tray(10)</p>
		<b>793 cal; 694mg sodium</b>	<b>839 cal; 705mg sodium</b>	<b>659 cal; 1152mg sodium</b>
<p>20 SITES CLOSED</p>	<p>21</p>	<p>22 White Vegetarian Chili with shredded cheddar &amp; white beans, corn, &amp; sweet potato(615)* Brussels Sprouts(29) Wheat Roll(150) Fruited Yogurt(75)</p>	<p>23 Veg Meatball Stroganoff(578)* Egg Noodles(4) California Veg(34) Wheat Bread(150) Fresh Banana(1)</p>	<p>24 Lasagna with Lentil Bolognese &amp; parm garnish(535)* Broccoli(26) Garlic Bread(270) Peaches in tray(5)</p>
<b>PATRIOT'S DAY</b>		<b>649 cal; 1024mg sodium</b>	<b>683 cal; 922mg sodium</b>	<b>764 cal; 991mg sodium</b>
<p>27 Veg Chik'n Piccata(438) Roast Sweet Potato(53) Beets &amp; Greens(117) Wheat Bread(150) Pudding(135)</p>	<p>28</p>	<p>29 Tofu Fajita Bowl with Rice(255) Spinach(93) 1 Tortilla(170) Fresh Apple(1)</p>	<p>30 Veg Sausage with Mushroom Cream Sauce(624)* Mashed Potato(22) Broccoli/Red Pepper(26) Wheat Roll(150) Fresh Pear(2)</p>	<p><b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</b></p>
		<b>808 cal; 1048mg sodium</b>	<b>709 cal; 674mg sodium</b>	<b>687 cal; 978mg 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.