

ELDER NUTRITION PROGRAM

Barnstable County MAY 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
<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>			1 Shrimp with Pesto Cream Sauce(564)* Pasta(4) Peas(79) Garlic Bread(270) Pineapple in tray(1)
*indicates item with more than 500mg sodium				736 cal; 1073mg sodium
4 Shepherd's Pie(281) Carrots(56) Wheat Roll(150) Fudge Cookie(80) MOD:Lorna Doones(147)	5 	6 Chicken Fajita Bowl(630)* with Brown Rice & Quinoa(43) Spinach(93) 1 Tortilla(170) Fresh Apple(1)	7 COLD PLATE-no marg Egg Salad with Lettuce(288) Artichoke-Couscous Salad(138) Beet Salad(86) Hawaiian Burger Bun(120) 2 Fresh Clementines(1) <i>Cream of Broccoli Soup(69) for cong dining only</i>	8 Beef Stew(158) Butternut Squash(7) Biscuit(310) Pears in tray(5)
835 cal; 722mg sodium		773 cal; 1093mg sodium	829 cal; 758mg sodium	788 cal; 635mg sodium
11 Pork with Honey-Mustard Sauce(207) Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Applesauce Cup(15) Sour Cream pkt(9)	12 	13 Pollock with Rosemary Garlic Sauce(388) Roast Potato(90) California Veg(34) Wheat Bread(150) Lemon White-Chocolate Cookie(100) MOD:Lorna Doones(147)	14 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Spinach(93) Wheat Roll(150) 2 Fresh Clementines(1)	15 Chicken Cacciatore(503)* Pasta(4) Broccoli(26) Garlic Bread(270) Peaches in tray(5)
717 cal; 600mg sodium		773 cal; 917mg sodium	771 cal; 874mg sodium	700 cal; 963mg sodium
18 Omelet with Swiss Cheese(336) Home Fries with Peppers & Onions(63) Spinach(93) Blueberry Snack Loaf(160) Yogurt(75)	19 	20 Beef Stroganoff(241) Egg Noodles(4) Brussels Sprouts & Carrots(41) Wheat Roll(150) Fresh Pear(2)	21 Chicken Marsala(396) Roast Sweet Potato(53) Green Beans(20) Wheat Bread(150) Fresh Banana(1)	22 Roast Turkey with Gravy(578)* Mashed Potato with Gravy(101) Mixed Root Veg(65) Mini Cornbread Loaf(180) Cinn. Apple Slices(10)
794 cal; 882mg sodium	<i>Enjoy the sun!</i>	806 cal; 593mg sodium	704 cal; 775mg sodium	668 cal; 1089mg sodium
25 SITES CLOSED 	26	27 Chicken Drumsticks with Stewed Tomato Sauce(255) Polenta(16) California Veg(34) Wheat Roll(150) Fresh Banana(1)	28 COLD PLATE-no marg Tuna Salad with Lettuce(404) Tomato, Corn, & Red Pepper Salad(131) Pickled Cabbage Slaw(10) Hawaiian Burger Bun(120) Yogurt(75) <i>Minestrone Soup(129) for cong dining only</i>	29 Beef Stir-fry with Broccoli(385) Veg. Brown Rice Pilaf(46) Wheat Bread(150) Pineapple in tray(1)
MEMORIAL DAY		750 cal; 611mg sodium	767 cal; 865mg sodium	761 cal; 737mg 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.