

ELDER NUTRITION PROGRAM

Barnstable County MAY 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
<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 Veg Carbonara with Pasta(477) Peas(79) Garlic Bread(270) Pineapple in tray(1)
*indicates item with more than 500mg sodium				767 cal; 982mg sodium
4 Veg Shepherd's Pie(562)* Carrots(56) Wheat Roll(150) Fudge Cookie(80) MOD:Lorna Doones(147)	5 	6 Tofu Fajita Bowl(231) 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)	8 Lentil Stew with potato, peas, & carrots(87) Butternut Squash(7) Biscuit(310) Pears in tray(5)
756 cal; 1003mg sodium		709 cal; 693mg sodium	829 cal; 758mg sodium	711 cal; 564mg sodium
11 Tofu with Honey-Mustard Sauce(153) Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Applesauce Cup(15) Sour Cream pkt(9)	12 	13 Veg Chik'n w/Rosemary-Garlic Sauce(528)* Roast Potato(90) California Veg(34) Wheat Bread(150) Lemon White-Chocolate Cookie(100)	14 Veg Meatloaf with Veg Gravy(683)* Mashed Potato with Veg Gravy(99) Spinach(93) Wheat Roll(150) 2 Fresh Clementines(1)	15 Kelp Meatballs with Cacciatore Sauce over Pasta(527)* Broccoli(26) Garlic Bread(270) Peaches in tray(5)
674 cal; 546mg sodium		923 cal; 1057mg sodium	685 cal; 1181mg sodium	768 cal; 983mg sodium
18 Omelet with Swiss Cheese(336) Home Fries with Peppers & Onions(63) Spinach(93) Blueberry Snack Loaf(160) Yogurt(75)	19 	20 Veg Meatball Stroganoff(638)* Egg Noodles(4) Brussels Sprouts & Carrots(41) Wheat Roll(150) Fresh Pear(2)	21 Tofu Marsala(198) Roast Sweet Potato(53) Green Beans(20) Wheat Bread(150) Fresh Banana(1)	22 Veg Chik'n with Veg Gravy(518)* Mashed Potato with Veg Gravy(99) Mixed Root Veg(65) Mini Cornbread Loaf(180) Cinn. Apple Slices(10)
794 cal; 882mg sodium	Enjoy the sun!	799 cal; 990mg sodium	723 cal; 577mg sodium	797 cal; 1027mg sodium
25 SITES CLOSED 	26	27 Veg Sausage with Stewed Tomato Sauce(635)* Polenta(16) California Veg(34) Wheat Roll(150) Fresh Banana(1)	28 COLD PLATE-no marg 2 oz Provolone Cheese with Cuke & Lettuce(234) Tomato, Corn, & Red Pepper Salad(131) Pickled Cabbage Slaw(10) Hawaiian Burger Bun(120) Yogurt(75) Mayo pkt(55)	29 Tofu Stir-fry with Broccoli(364) Brown Rice Pilaf with Veggies(46) Wheat Bread(150) Pineapple in tray(1)
MEMORIAL DAY		698 cal; 991mg sodium	761 cal; 750mg sodium	623 cal; 716mg 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.