

ELDER NUTRITION PROGRAM
Barnstable County - Traditional Menu

OCTOBER 2026 MEALS ON WHEELS



Elder Services
of Cape Cod and the Islands

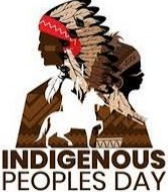
Main office in South Dennis 508-394-4630

Menu subject to change without notice.

Reservations & Cancellations must be made three business days in advance.

Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg.

Total calories (cals) & sodium for the entire meal are noted below each day & include margarine & milk.

To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk & have them with another meal or snack.		Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 <i>*Indicates items with more than 500mg sodium</i>	Thursday, October 1 Braised Beef with Veg(139) Brown Rice Pilaf(40) Spinach & Red Peppers(73) Wheat Roll(150) Fresh Banana(1) 788 cals; 558mg sodium	Friday, October 2 Swedish Meatballs(432) Roast Potato(90) Broccoli(26) Wheat Bread(150) Peaches in tray(5) 695 cals; 858mg sodium
Monday, October 5 Chicken Pot Pie(171) Green Beans & Red Peppers(20) Buttermilk Biscuit(310) Lorna Doones(147) for both reg & MOD dessert 809 cals; 803mg sodium	Tuesday, October 6 SITES CLOSED	Wednesday, October 7 Roast Turkey w/Gravy(578)* Mashed Potato with Gravy(101) Carrots(56) Cornbread Loaf(180) Fresh Orange(0) 676 cals; 1070mg sodium	Thursday, October 8 Chicken with Pesto Cream Sauce(634)* Butternut & Cheese Ravioli's(136) Broccoli(26) Wheat Roll(150) Applesauce Cup(15) 788 cals; 1116mg sodium	Friday, October 9 Pork with Mustard Wine Sauce(271) Mashed Sweet Potato(47) Veg Medley(45) Wheat Bread(150) Pineapple in tray(1) 713 cals; 669mg sodium
Monday, October 12 SITES CLOSED  INDIGENOUS PEOPLES DAY	Tuesday, October 13 SITES CLOSED	Wednesday, October 14 Chicken & Veg Stir-fry(323) White Rice(24) Stir-fry Veg Blend(38) Wheat Roll(150) Chocolate Chip Cookie(70) for both reg & MOD dessert 685 cals; 760mg sodium	Thursday, October 15 Salmon with Creamy Dill Sauce(183) Roast Potato(90) Black Beans, Corn, & Red Peppers(91) Hawaiian Dinner Roll(80) Mandarin Fruit Cup(6) 689 cals; 605mg sodium	Friday, October 16 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Broccoli(26) Wheat Bread(150) Pears in tray(5) 758 cals; 812mg sodium
Monday, October 19 French Onion Chicken(301) Mashed Potato(22) California Veg(34) Dinner Roll(100) Chocolate Pudding(135) 765 cals; 747mg sodium	Tuesday, October 20 SITES CLOSED	Wednesday, October 21 Tortellini Mac & Cheese with Ground Beef(670)* Mixed Veg(60) Wheat Roll(150) Fresh Orange(0) 869 cals; 1035mg sodium	Thursday, October 22 Cheddar Omelet(470) Home Fries with Peppers & Onions(63) Spinach(93) Muffin(240) Fresh Banana(1) 800 cals; 1022mg sodium	Friday, October 23 White Fish Florentine(251) Brown Rice Pilaf(40) Brussels Sprouts(29) Garlic Bread(270) Pears in tray(5) 697 cals; 750mg sodium
Monday, October 26 Beef Stroganoff(241) Egg Noodles(4) Tuscan Veg(53) Wheat Roll(150) Strawberry Yogurt(75) 801 cals; 678mg sodium	Tuesday, October 27 SITES CLOSED MOD:>>	Wednesday, October 28 Shrimp Alfredo(622)* Fettuccini(4) Broccoli(26) Dinner Roll(100) Blueberries in tray(1) Pound Cake(240) Un-iced Gold Cupcake(230) 764 cals; 1148mg sodium	Thursday, October 29 Southwest Chili with ground beef, beans, & shredded cheese(414) Green Beans & Red Peppers(20) Cornbread Bowl(180) Applesauce Cup(15) 789 cals; 784mg sodium	Friday, October 30 Chicken Carbonara with ham & pasta(713)* California Veg(34) Garlic Bread(270) Peaches in tray(5) 806 cals; 1177mg sodium