

ELDER NUTRITION PROGRAM
Barnstable County – Carb-Controlled Menu
NOVEMBER 2026 MEALS ON WHEELS



Elder Services
of Cape Cod and the Islands

CARB-CONTROLLED MENU 60-75 carb per meal, <600mg sodium, <20g fat, <5g saturated fat

Menu subject to change without notice.

Main office in South Dennis 508-394-4630

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

Each item is followed by grams of carbohydrate in [brackets].

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

Monday, November 2 Chicken Scampi[9g carb] Pasta[21g] Gr. Beans/Red Pep.[5g] Fruit[15g] Milk[13g] Totals: 63g carb; 590 cals; 318mg sodium	Tuesday, November 3 SITES CLOSED	Wednesday, November 4 Turkey Meatloaf with Gravy[9g carb] Mashed Potato[15g] Carrots[5g] Fresh Fruit[21g] Milk[13g] Totals: 63g carb; 620 cals; 375mg sodium	Thursday, November 5 Lentil Bolognese & Parm Cheese[20g carb] over Whole Grain Pasta[21g] Broccoli[5g] Fruit[15g] Milk[13g] Totals: 74g carb; 481 cals; 508mg sodium	Friday, November 6 Beef Stew[13g carb] Roasted Potato[14g] Veg Medley[10g] Fruit[15g] Milk[13g] Totals: 65g carb; 570 cals; 408mg sodium
Monday, November 9 Chicken with Cranberry Chutney[7g carb] Mashed Butternut[25g] California Veg[4g] Fruit[15g] Milk[13g] Totals: 64g carb; 535 cals; 260mg sodium	Tuesday, November 10 SITES CLOSED	Wednesday, November 11 SITES CLOSED  VETERANS DAY	Thursday, November 12 Chicken Tacos[2g carb] Wheat Tortilla Wrap[16g] Black Beans, Corn, & Red Peppers[16g] Fresh Fruit[21g] Milk[13g] Totals: 68g carb; 570 cals; 512mg sodium	Friday, November 13 Stuffed Shells[24g carb] with Sage Cream Sauce[7g] Carrots[5g] Fruit[15g] Milk[13g] Totals: 64g carb; 501 cals; 530mg sodium
Monday, November 16 Cheddar Omelet[3g carb] Rosemary Potato[13g] Mixed Veg[9g] Fruit[15g] Milk[13g] Totals: 53g carb; 512 cals; 591mg sodium	Tuesday, November 17 SITES CLOSED	Wednesday, November 18 Lemon Ricotta Chicken[3g carb] Baked Sweet Potato[15g] Brussels Sprouts[5g] Fresh Fruit[21g] Milk[13g] Totals: 57g carb; 521 cals; 245mg sodium	Thursday, November 19 Roast Turkey with Gravy[4g carb] Mashed Potato[15g] Green Beans[6g] Choc. Fudge Cookie[23g] Milk[13g] Totals: 61g carb; 525 cals; 731mg sodium	Friday, November 20 Rosemary & Garlic Chicken[15g carb] Br. Rice Veg Pilaf[15g] Broccoli[5g] Fruit[15g] Milk[13g] Totals: 63g carb; 532 cals; 323mg sodium
Monday, November 23 Braised Beef w/ Peppers & Onions[2g carb] Quinoa[18g] Green Peas[15g] Fruit[15g] Milk[13g] Totals: 63g carb; 766 cals; 440mg sodium	Tuesday, November 24 SITES CLOSED	Wednesday, November 25 Maple Glazed Pork[11g carb] Roast Potato[14g] Mixed Root Veg[10g] Fresh Fruit[21g] Milk[13g] Totals: 69g carb; 570 cals; 360mg sodium	Thursday, November 26 SITES CLOSED  HAPPY THANKSGIVING	Friday, November 27 SITES CLOSED 
Monday, November 30 Chicken Scampi[9g carb] Pasta[21g] Gr. Beans/Red Pep.[5g] Fruit[15g] Milk[13g] Totals: 63g carb; 590 cals; 318mg sodium		 November	<i>To reduce carbohydrate at this meal, you may want to save items such as fruit or milk & have them with another meal or snack.</i>	<i>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</i>