

ELDER NUTRITION PROGRAM
Barnstable County - Cardiac Menu

NOVEMBER 2026 MEALS ON WHEELS



Elder Services

of Cape Cod and the Islands

Main office in South Dennis 508-394-4630

CARDIAC MENU

<500mg sodium, <20g fat, <6g saturated fat

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 105mg.

Total calories (cals) & sodium for the entire meal are noted below each day & include margarine & 1% milk.

Monday, November 2 Chicken Scampi(172) Pasta(4) Green Beans & Red Peppers(2) Wheat Roll(150) Fruit(0) 670 cals; 463mg sodium	Tuesday, November 3 SITES CLOSED	Wednesday, November 4 Turkey Meatloaf with Gravy(205) Mashed Potato(23) Carrots(39) Dinner Roll(100) Fruit(0) 746 cals; 502mg sodium	Thursday, November 5 Whole Grain Pasta with Lentil Bolognese(147) Broccoli(20) Wheat Roll(150) Fruit(0) 543 cals; 452mg sodium	Friday, November 6 Beef Stew(111) Roasted Potato(85) Veg Medley(37) Dinner Roll(100) Fruit(0) 611 cals; 468mg sodium
Monday, November 9 Chicken with Cranberry Chutney(95) Mashed Butternut(12) California Veg(17) Wheat Roll(150) Fruit(0) 614 cals; 409mg sodium	Tuesday, November 10 SITES CLOSED	Wednesday, November 11 SITES CLOSED 	Thursday, November 12 Chicken Tacos(176) Quinoa(3) Black Beans, Corn, & Red Peppers(61) Wheat Tortilla Wrap(135) Fruit(0) 674 cals; 510mg sodium	Friday, November 13 Stuffed Shells(230) with Sage Cream Sauce(60) Carrots(39) Dinner Roll(100) Fruit(0) 558 cals; 564mg sodium
Monday, November 16 Egg Omelet(240) Polenta(15) Mixed Veg(33) Dinner Roll(100) Fruit(0) 594 cals; 523mg sodium	Tuesday, November 17 SITES CLOSED	Wednesday, November 18 Lemon Ricotta Chicken(80) Baked Sweet Potato(21) Brussels Sprouts(10) Wheat Roll(150) Fruit(0) 601 cals; 396mg sodium	Thursday, November 19 HIGH SODIUM MEAL Roast Turkey with Gravy(488)- high sodium Mashed Potato(23) Green Beans(3) Wheat Roll(150) Choc. Fudge Cookie(80) 605 cals; 879mg sodium	Friday, November 20 Rosemary & Garlic Chicken(112) Roasted Potato(85) Broccoli(20) Wheat Roll(150) Fruit(0) 505 cals; 502mg sodium
Monday, November 23 Braised Beef with Peppers & Onions(132) Quinoa(3) Green Peas(20) Wheat Roll(150) Fruit(0) 766 cals; 440mg sodium	Tuesday, November 24 SITES CLOSED	Wednesday, November 25 Maple Glazed Pork(70) Mashed Potato(23) Mixed Root Veg(65) Wheat Roll(150) Fruit(0) 645 cals; 443mg sodium	Thursday, November 26 SITES CLOSED  HAPPY THANKSGIVING	Friday, November 27 SITES CLOSED 
Monday, November 30 Chicken Scampi(172) Pasta(4) Green Beans & Red Peppers(2) Wheat Roll(150) Fruit(0) 670 cals; 463mg sodium		 November	<i>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.</i>	<i>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35</i>