

ELDER NUTRITION PROGRAM
Barnstable County - Vegetarian Menu
OCTOBER 2026 MEALS ON WHEELS



Elder Services
of Cape Cod and the Islands

Main office in South Dennis 508-394-4630

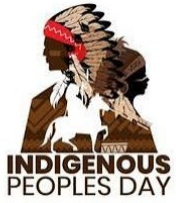
VEGETARIAN MENU

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.

<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>	 October	<i>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	Thursday, October 1 Veg Sausage with Veggies(603)* Brown Rice Pilaf(40) Spinach & Red Pepper(73) Wheat Roll(150) Fresh Banana(1) 686 cals; 1022mg sodium	Friday, October 2 Swedish Veg Meatballs(465) Roast Potato(90) Broccoli(26) Wheat Bread(150) Peaches in tray(5) 618 cals; 891mg sodium
Monday, October 5 Veg Pot Pie(351) Green Beans & Red Pepper(20) Buttermilk Biscuit(310) Lorna Doones(147) 873 cals; 983mg sodium	Tuesday, October 6 SITES CLOSED	Wednesday, October 7 Veg Sausage with Veg Gravy(658)* Mashed Potato with Veg Gravy(101) Carrots(56) Cornbread Loaf(180) Fresh Orange(0) 726 cals; 1150mg sodium	Thursday, October 8 Veg Chik'n with Pesto Cream Sauce(515)* Butternut & Cheese Ravioli's(136) Broccoli(26) Wheat Roll(150) Applesauce Cup(15) 787 cals; 997mg sodium	Friday, October 9 Tofu with Mustard Wine Sauce(271) Mashed Sweet Potato(47) Veg Medley(45) Wheat Bread(150) Pineapple in tray(1) 669 cals; 615mg sodium
Monday, October 12 SITES CLOSED  INDIGENOUS PEOPLES DAY	Tuesday, October 13 SITES CLOSED	Wednesday, October 14 Tofu & Veg Stir-fry(260) White Rice(24) Stir-fry Veg Blend(38) Wheat Roll(150) Chocolate Chip Cookie(70) 694 cals; 697mg sodium	Thursday, October 15 Veggie Fritters with Creamy Dill Sauce(438) Roast Potato(90) Black Beans, Corn, & Red Pepper(91) Hawaiian Dinner Roll(80) Mandarin Fruit Cup(6) 709 cals; 860mg sodium	Friday, October 16 Veg Meatloaf with Veg Gravy(625)* Mashed Potato with Veg Gravy(99) Broccoli(26) Wheat Bread(150) Pears in tray(5) 685 cals; 1060mg sodium
Monday, October 19 French Onion Chik'n(545)* Mashed Potato(22) California Veg(34) Dinner Roll(100) Chocolate Pudding(135) 815 cals; 991mg sodium	Tuesday, October 20 SITES CLOSED	Wednesday, October 21 Tortellini Mac & Cheese(607)* Mixed Veg(60) Wheat Roll(150) Fresh Orange(0) 703 cals; 972mg 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 Bean Florentine(211) Brown Rice Pilaf(40) Brussels Sprouts(29) Garlic Bread(270) Pears in tray(5) 727 cals; 710mg sodium
Monday, October 26 Veg Meatball Stroganoff(578)* Egg Noodles(4) Tuscan Veg(53) Wheat Roll(150) Strawberry Yogurt(75) 694 cals; 1015mg sodium	Tuesday, October 27 SITES CLOSED	Wednesday, October 28 Chik'n Alfredo(573)* Fettuccini(4) Broccoli(26) Dinner Roll(100) Blueberries in tray(1) Pound Cake(240) 865 cals; 1099mg sodium	Thursday, October 29 Southwest Chili with beans & shredded cheese(491) Green Beans & Red Pepper(20) Cornbread Bowl(180) Applesauce Cup(15) 683 cals; 861mg sodium	Friday, October 30 Veg Carbonara with pasta(477) California Veg(34) Garlic Bread(270) Peaches in tray(5) 722 cals; 941mg sodium