ELDER NUTRITION PROGRAM
Barnstable County - Traditional Menu
NOVEMBER 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 & 1% milk.

Monday, November 2 Pork with Mushroom Cream Sauce(200) Roast Sweet Potato(53) Spinach(93) Wheat Bread(150) Lemon White-Chocolate Cookie(100) **835 cals; 751mg sodium**	**Tuesday, November 3** **SITES CLOSED**	**Wednesday, November 4** Fish Piccata(317) Mashed Butternut(7) Green Beans(20) Garlic Bread(270) Fresh Orange(0) **698 cals; 769mg sodium**	**Thursday, November 5** Homemade Meatloaf with Gravy(377) Mashed Potato w/Gravy(99) Broccoli(26) Wheat Roll(150) Fresh Banana(1) **777 cals; 808mg sodium**	**Friday, November 6** Diced Chicken Casserole with Egg Noodles(320) Mixed Veg(60) Wheat Bread(150) Pineapple in tray(1) **717 cals; 686mg sodium**
Monday, November 9 Shepherd's Pie with Mashed Potato(281) Carrots(56) Buttermilk Biscuit(310) Applesauce Cup(15) **845 cals; 817mg sodium**	**Tuesday, November 10** **SITES CLOSED**	**Wednesday, November 11** ***SITES CLOSED***  	**Thursday, November 12** Chicken Saltimbocca(333) Whole Wheat Pasta(4) California Veg(34) Wheat Bread(150) Fresh Pear(2) **734 cals; 678mg sodium**	**Friday, November 13** Beef with Onions & Peppers(104) Brown Rice Pilaf(40) Brussels Sprouts(29) Pumpkin Bread(270)** Blueberries in tray(1) **941 cals; 599mg sodium**
Monday, November 16 Rosemary & Garlic Chicken(588)* Mashed Butternut(7) Kale & Red Peppers(28) Wheat Bread(150) Mandarin Fruit Cup(6) **781 cals; 934mg sodium**	**Tuesday, November 17** **SITES CLOSED**	**Wednesday, November 18** Beef Chili(320) with Shredded Cheese(94) Broccoli(26) Cornbread Bowl(180) Fresh Banana(1) **816 cals; 776mg sodium**	**Thursday, November 19** ***HIGH SODIUM MEAL*** Roast Turkey with Gravy & Stuffing Garnish(822)* Mash. Potato w/Gravy(101) Green Beans(20) LS Dinner Roll(100) Choc. Brownie Cookie(115) **752 cals; 1313mg sodium**	**Friday, November 20** Salmon with Balsamic Cream Sauce(141) Brown Rice & Beans(57) California Veg(34) Hawaiian Dinner Roll(80) Pineapple in tray(1) **746 cals; 468mg sodium**
Monday, November 23 Cheesy Diced Chicken & Rice Casserole(573)* Peas & Red Peppers(90) Wheat Roll(150) Oatmeal Cookie(85) **837 cals; 1053mg sodium**	**Tuesday, November 24** **SITES CLOSED**	**Wednesday, November 25** Omelet with Ham & American Cheese(802)* LS Potato Wedges(15) California Veg(34) Snack Loaf(120) Fresh Orange(0) **798 cals; 1126mg sodium**	**Thursday, November 26** ***SITES CLOSED***  	**Friday, November 27** ***SITES CLOSED*** 
Monday, November 30 Chicken Cacciatore(503)* Cheese Tortellini(204) Green Beans & Red Peppers(20) Wheat Roll(150) Fudge Cookie(80) **755 cals; 1112mg sodium**	***Thank you for your voluntary donation of $4.00 per meal towards actual cost of $12.35***	 	***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.***	***Item has more than 500mg sodium** **** Item has more than 30g carb**