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

Monday, November 2 Vegan Chik'n with Mushroom Cream Sauce(425) Roast Sweet Potato(53) Spinach(93) Wheat Bread(150) Lemon White-Chocolate Cookie(100) **854 cals; 976mg sodium**	**Tuesday, November 3** **SITES CLOSED**	**Wednesday, November 4** Tofu & Artichoke Piccata(174) Mashed Butternut(7) Green Beans(20) Garlic Bread(270) Fresh Orange(0) **740 cals; 626mg sodium**	**Thursday, November 5** Veg Meatloaf with Veg Gravy(625)* Mashed Potato w/Gravy(99) Broccoli(26) Wheat Roll(150) Fresh Banana(1) **703 cals; 1056mg sodium**	**Friday, November 6** Veg Noodle Casserole (434) Mixed Veg(60) Wheat Bread(150) Pineapple in tray(1) **740cals; 800mg sodium**
Monday, November 9 Veg Shepherd's Pie with Mashed Potato & Veg Gravy(562)* Carrots(56) Buttermilk Biscuit(310) Applesauce Cup(15) **766 cals; 1098mg sodium**	**Tuesday, November 10** **SITES CLOSED**	**Wednesday, November 11** ***SITES CLOSED***  **802 cals; 578mg sodium**	**Thursday, November 12** Veg Carbonara with Whole Wheat Pasta(477) California Veg(34) Wheat Bread(150) Fresh Pear(2) **701 cals; 818mg sodium**	**Friday, November 13** Tofu with Onions & Peppers(83) Brown Rice Pilaf(40) Brussels Sprouts(29) Pumpkin Bread(270) Blueberries in tray(1) **802 cals; 578mg sodium**
Monday, November 16 Rosemary & Garlic Vegan Chik'n(469) Mashed Butternut(7) Kale & Red Peppers(28) Wheat Bread(150) Mandarin Fruit Cup(6) **779 cals; 815mg sodium**	**Tuesday, November 17** **SITES CLOSED**	**Wednesday, November 18** Veg Chili with Beans & Shredded Cheese(491) Broccoli(26) Cornbread Bowl(180) Fresh Banana(1) **711 cals; 853mg sodium**	**Thursday, November 19** Roast Tofu with Veg Gravy & Stuffing Garnish(424) Mash. Potato w/Gravy(101) Green Beans(20) LS Dinner Roll(100) Choc. Brownie Cookie(115) **781 cals; 915mg sodium**	**Friday, November 20** Veg Sausage with Balsamic Cream Sauce(566)* Brown Rice & Beans(57) California Veg(34) Hawaiian Dinner Roll(80) Pineapple in tray(1) **756 cals; 893mg sodium**
Monday, November 23 Cheese & Rice Bake(488) Peas & Red Peppers(90) Wheat Roll(150) Oatmeal Cookie(85) **727 cals; 968mg sodium**	**Tuesday, November 24** **SITES CLOSED**	**Wednesday, November 25** Omelet with American Cheese(566)* LS Potato Wedges(15) California Veg(34) Snack Loaf(120) Fresh Orange(0) **761 cals; 890mg sodium**	**Thursday, November 26** ***SITES CLOSED*** 	**Friday, November 27** ***SITES CLOSED*** 
Monday, November 30 Veg Cacciatore(463) Cheese Tortellini(204) Green Beans & Red Peppers(20) Wheat Roll(150) Fudge Cookie(80) **723 cals; 1072mg sodium**			***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*** ***Item has more than 500mg sodium**