

ELDER NUTRITION PROGRAM

Dukes County

NOVEMBER 2022

Telephone:

Office: 508-693-4393

Tisbury: 693-8337

Oak Bluffs: 693-4509

Up Island: 693-2896



Elder Services

of Cape Cod and the Islands



Call Site for Reservations & Cancellations at least two (2) business days in advance.

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Parmesan with Spaghetti(696)* Tuscan Veg(15) Parm. Breadstick(115) Pears(4)	2 Beef Stroganoff(330) Rice(0) California Veg(30) Whole Wheat Roll(150) Mixed Fruit(8)	3 Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(30) Whole Grain Bread(150) Fresh Banana(0)	4 Stuffed Shells with Marinara Sauce(320) Capri Veg(30) Multi-Grain Bread(150) Tapioca Pudding(180)
	826 cal; 1000mg sodium	698 cal; 688mg sodium	802 cal; 711mg sodium	668 cal; 850mg sodium
7 Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)	8 Veggie & Cheddar Jack Quiche(209) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Fruited Yogurt(65)	9 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)	10 Dill Crusted Cod in White Wine & Butter(320) Au Gratin Potato(240) Peas(30) Dinner Roll(150) Peaches(5)	SITES CLOSED 11 
878 cal; 863mg sodium	898 cal; 714mg sodium	730 cal; 844mg sodium	660 cal; 915mg sodium	
14 Swedish Meatballs(410) Egg Noodles(15) Prince Edward Veg(38) Rosemary Focaccia(150) Chocolate Pudding(180)	15 Teriyaki Beef Stir-fry(775)* Rice Noodles(10) Chickpea & Edamame Salad(39) Whole Wheat Roll(150) Fresh Pineapple(10)	16 Atlantic Salmon with Dill Buerre Blanc(200) Lyonnaise Potato(180) Tuscan Veg(15) Whole Grain Bread(150) Carrot Cake(210)	17 Turkey with Stuffing & Cranberry Sauce(388) Mashed Potato(20) Butternut Squash(44) Whole Wheat Roll(150) Pumpkin Pie(295)	18 Honey Bourbon Chicken(318) Brown Rice(15) Stir-fry Veg(30) Multi-Grain Bread(150) Peaches(5)
809 cal; 963mg sodium	684 cal; 1154mg sodium	738 cal; 925mg sodium	873 cal; 1067mg sodium	745 cal; 688mg sodium
21 Meat Lasagna(450) Capri Veg(30) French Bread(115) Vanilla Custard(140)	22 BBQ Brisket(335) on Soft Roll(155) Potato Pancakes(150) Broccoli Slaw(10) Applesauce(10)	23 Chicken Cacciatore over Angel Hair Pasta(233) Capri Veg(30) Multi-Grain Bread(150) Pears(4)	Sites are Closed! 24 	25 Crab Cake with Tartar Sauce(370) Wedge Potato(220) Peas(30) Whole Wheat Roll(150) Fresh Orange(0)
775 cal; 905mg sodium	855 cal; 830mg sodium	695 cal; 587mg sodium		738 cal; 940mg sodium
28 Stir-Fry Beef(615)* Sesame Noodles(10) Asian Veggies(20) Wheat Bread(115) Mandarin Oranges(5)	29 Orange Ginger Chicken(175) Rice Noodles(150) Asian Veggies(20) Wheat Bread(115) Pineapple(5)	30 Herb Roast Pork Loin w/ Apple Demi-Glace(320) Roast Red Potato(150) Capri Veg(30) Whole Grain Bread(150) Butterscotch Pudding(190)	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00 <i>*indicates item w/ more than 500mg sodium.</i>	In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.
855 cal; 935mg sodium	733 cal; 635mg sodium	660 cal; 1010mg sodium		

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Each item is followed by mg of sodium in parentheses. Add 45mg for margarine; add 125mg for milk.