

ELDER NUTRITION PROGRAM

Dukes County

DECEMBER 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
<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>	<p><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.</i></p>		<p>1</p> <p>Meatloaf with Demi-Glace(336) Whipped Potato(20) Peas(30) Whole Grain Bread(150) Fresh Banana(0)</p> <p>802 cal; 706mg sodium</p>	<p>2</p> <p>Baked Stuffed Sole with Crab Meat (510)* Brown Rice(15) Capri Veggies(30) Whole Grain Bread(150) Chocolate Brownie(218)</p> <p>828 cal; 1093mg sodium</p>
<p>5</p> <p>Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)</p> <p>878 cal; 858mg sodium</p>	<p>6</p> <p>Herb Roast Chicken with Apple Stuffing(200) Potato Latkes(180) French Green Beans(15) Whole Grain Bread(150) Carrot Cake(210)</p> <p>738 cal; 925mg sodium</p>	<p>7</p> <p>Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Chocolate Mousse(190)</p> <p>730 cal; 844mg sodium</p>	<p>8</p> <p>Chicken Fettucine Alfredo(388) Capri Veggies(30) Breadstick(125) Peaches(5)</p> <p>873 cal; 718mg sodium</p>	<p>9</p> <p>Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Pot. Wedge(44) Broccoli(25) Mixed Fruit(8)</p> <p>889 cal; 1022mg sodium</p>
<p>12</p> <p>Rotisserie Chicken(410) Brown Rice(15) Green Beans(23) Rosemary Focaccia(140) Pears(5)</p> <p>809 cal; 763mg sodium</p>	<p>13</p> <p>Angus Flank Steak with A-1 Mushroom Demi(318) Mashed Potato(20) California Veggies(30) Multi-Grain Bread(150) Fresh Orange(0)</p> <p>776 cal; 698mg sodium</p>	<p>14</p> <p>Chicken Cacciatore over Angel Hair Pasta(233) Capri Veggies(30) Ciabatta Bread(140) Chocolate Pudding(180)</p> <p>772 cal; 753mg sodium</p>	<p>Happy Holidays! 15</p> <p>Roast Turkey w/Gravy & Cranberry Sauce(388) Whipped Potato(20) Baby Carrots(8) Pumpkin Bread Pudding(273)</p> <p>873 cal; 859mg sodium</p>	<p>16</p> <p>Veggie Lasagna(575)* Tuscan Veggies(15) Whole Wheat Roll(150) Pineapple(5)</p> <p>847 cal; 920mg sodium</p>
<p>19</p> <p>Stuffed Shells with Marinara Sauce(420) Capri Veggies(30) Garlic Bread(150) Peaches(5)</p> <p>660 cal; 775mg sodium</p>	<p>20</p> <p>Veggie & Cheddar Jack Quiche(209) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Fruited Yogurt(65)</p> <p>898 cal; 714mg sodium</p>	<p>21</p> <p>Salmon with Lemon Mediterranean Crust(298) Parsley Potato(35) Prince Edward Veg(38) Whole Wheat Roll(150) Peaches(5)</p> <p>660 cal; 696mg sodium</p>	<p>22</p> <p>Chicken Oscar with Asparagus, Crab Meat & Hollandaise Sauce(436) Roast Red Potato(150) Wheat Bread(115) Frosted Spice Cake(210)</p> <p>838 cal; 1081mg sodium</p>	<p>23</p> <p>Roast Ribeye Au Jus & Horse Radish Sauce(420) Rice Pilaf(220) Broccoli(25) French Bread(110) Fresh Apple(0)</p> <p>838 cal; 945mg sodium</p>
<p>SITES CLOSED! 26</p>	<p>27</p> <p>Chicken Breast over Tortellini in Pesto Cream Sauce(625)* Tuscan Veggies(15) Garlic Bread(150) Pears(5)</p> <p>868 cal; 965mg sodium</p>	<p>28</p> <p>Fish Cakes with Tartar Sauce(470) Wedge Potatoes(220) Peas(30) Whole Wheat Roll(150) Fresh Orange(0)</p> <p>738 cal; 1040mg sodium</p>	<p>29</p> <p>Herb Roast Pork Tenderloin Chop(240) Rice Pilaf(220) California Veggies(30) Wheat Bread(115) Mixed Fruit(8)</p> <p>733 cal; 783mg sodium</p>	<p>Happy New Year! 30</p> <p>Honey Bourbon Steak(458) 1/2 Baked Potato(109) Asparagus(3) Whole Grain Bread(150) Cherry Cheesecake(125)</p> <p>1052 cal; 1015mg sodium</p>

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.