

# ELDER NUTRITION PROGRAM

**Dukes County FEBRUARY 2023**

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

**Menu subject to change without notice.**

Telephone:

Office: 508-693-4393

Tisbury: 693-8337

Oak Bluffs: 693-4509


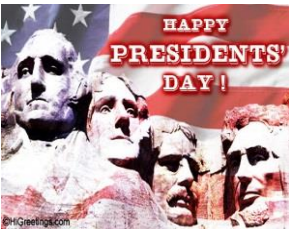

Up Island: 693-2896



# Elder Services

of Cape Cod and the Islands



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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 &amp; have them with another meal or snack.</i>	<b>1</b> Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190) <b>730 cals; 849mg sodium</b>	<b>2</b> Ham & Swiss Cheese with Mustard(590)* on Croissant(180) Sweet Tater Nuggets(44) Broccoli(25) Pineapple(0) <b>889 cals; 1014mg sodium</b>	<b>3</b> Atlantic Salmon with Dill Beurre Blanc(200) Lyonnaise Potatoes(180) Tuscan Veggies(15) Whole Grain Bread(150) Carrot Cake(210) <b>738 cals; 930mg sodium</b>
		<b>6</b> Grilled Orange Ginger Chicken(360) Rice Noodles(150) Asian Veggies(30) Wheat Bread(115) Mandarin Oranges(10) <b>807 cals; 840mg sodium</b>	<b>7</b> Center Cut Pork Loin with Apple Demi(390) Roast Red Potato(150) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10) <b>855 cals; 860mg sodium</b>	<b>8</b> Beef Burgundy(325) Rice(0) California Veggies(30) Whole Wheat Roll(115) Fresh Orange(0) <b>798 cals; 645mg sodium</b>
<b>13</b> Salisbury Steak(410) Egg Noodles(15) Spinach(10) Whole Grain Bread(150) Chocolate Pudding(180) <b>809 cals; 940mg sodium</b>	<b>14</b> <b>Happy Valentine's Day!</b> Chicken Parmigiana over Linguini(715)* Tuscan Veggies(15) Parm. Breadstick(115) Red Velvet Cake(130) <b>882 cals; 1150mg sodium</b>	<b>15</b> Chicken Pot Pie with Peas, Carrots, & Pearl Onions(320) Buttermilk Biscuit(270) Pears(5) <b>824 cals; 770mg sodium</b>	<b>16</b> Honey Bourbon Pork Tenderloin Tips(240) Rice Pilaf(132) California Veggies(30) Wheat Bread(115) Cut Fresh Melon(8) <b>733 cals; 700mg sodium</b>	<b>17</b> Meat Loaf with Demi-Glace(336) Whipped Potatoes(25) Peas(6) Whole Grain Bread(150) Mixed Fruit(10) <b>802 cals; 702mg sodium</b>
<b>SITES CLOSED 20</b> 	<b>21</b> Stuffed Shells with Marinara Sauce(277) Capri Veggies(30) Garlic Bread(150) Peaches(5) <b>660 cals; 637mg sodium</b>	<b>22</b> Meatballs Marinara(370) Tri-Color Rotini(15) Green Beans(23) Raisin Bread Pudding with Rum Sauce(185) <b>736 cals; 768mg sodium</b>	<b>23</b> Chicken Marsala(180) Farfalle Pasta(15) Tuscan Veggies(15) Whole Grain Bread(150) Yellow Cake(370) <b>830 cals; 905mg sodium</b>	<b>24</b> Crab Cakes with Tartar Sauce(410) Oven Fries(220) Capri Veggies(30) Multigrain Bread(150) Fresh Banana(0) <b>720 cals; 985mg sodium</b>
<b>27</b> Chicken & Tri-Color Tortellini in Pesto Cream Sauce(510)* Asparagus Tips(0) Wheat Roll(210) Peaches(5) <b>626 cals; 900mg sodium</b>	<b>28</b> Yankee Pot Roast(480) Whipped Potatoes(20) Prince Edward Island Veggies(38) Multigrain Bread(150) Fresh Apple(0) <b>878 cals; 863mg sodium</b>	Thank you for your <b>voluntary donation of \$4.00 per meal towards actual cost of \$10.50</b>  *indicates item w/ more than 500mg 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 130mg for milk.