

ELDER NUTRITION PROGRAM

Dukes County

MARCH 2023

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Elder Services

of Cape Cod and the Islands



MARCH 2023

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 \$10.50</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 Ham & Swiss Cheese with Mustard(590)* on Croissant(180) Sweet Pot. Nuggets(44) Broccoli(25) Fresh Fruit Cup(10)</p> <p>884 cals; 1024mg sodium</p> | <p>2 Tri Color Rotini with Meatballs(440) Capri Veggies(30) Whole Grain Bread(150) Apple Strudel(195)</p> <p>907 cals; 990mg sodium</p> | <p>3 Salmon with Lemon-Dill Cream Sauce(180) Rice Pilaf(325) Tuscan Veggies(20) Multi-Grain Roll(150) Pears(5)</p> <p>733 cals; 855mg sodium</p> |
| <p>6 Orange Ginger Chicken(360) Brown Rice(25) Asian Veggies(20) Wheat Bread(115) Mixed Fruit(8)</p> <p>815 cals; 703mg sodium</p> | <p>7 BBQ Pulled Pork(290) on Soft Sandwich Roll(330) Hash Brown Potato Cakes(125) California Veggies(30) Fresh Apple(0)</p> <p>872 cals; 950mg sodium</p> | <p>8 London Broil with Mushroom Demi Glace & Farfalle Pasta(335) Prince Edward Veg(38) Whole Grain Bread(150) Peaches(5)</p> <p>723 cals; 703mg sodium</p> | <p>9 Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Wheat Bread(115) Grapenut Custard(145)</p> <p>785 cals; 688mg sodium</p> | <p>10 Spinach, Tomato, & Cheddar Quiche(214) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Carrot Cake(210)</p> <p>897 cals; 869mg sodium</p> |
| <p>13 Veggie Lasagna(575)* Haricot Verts(5) Focaccia Bread(120) Pears(5)</p> <p>668 cals; 880mg sodium</p> | <p>14 Beef Stroganoff(320) Egg Noodles(15) Asparagus Tips(10) Multi-Grain Bread(150) Mixed Fruit(8)</p> <p>796 cals; 678mg sodium</p> | <p>15 Roast Turkey with Gravy & Cranberry Sauce(417) Sweet Pot. Wedges(111) Capri Veggies(30) Clover Leaf Roll(180) Fresh Orange(0)</p> <p>612 cals; 913mg sodium</p> | <p>Happy St. Pat's Day! 16 High Sodium Meal</p> <p>Corned Beef Brisket & Cabbage(430) Parsley Potatoes(18) Baby Carrots(45) Irish Soda Bread(163) Shamrock Cake(370)</p> <p>843 cals; 1201mg sodium</p> | <p>17 Herb Crusted Tilapia(135) Mashed Potato(20) Squash & Zucchini(15) Whole Grain Bread(150) Tapioca Pudding(180)</p> <p>830 cals; 675mg sodium</p> |
| <p>20 Angus Steak w/Bourbon Mushroom Sauce(388) Baked Potato Half(210) Capri Veggies(30) Ciabatta Bread(120) Fruited Yogurt(60)</p> <p>859 cals; 983mg sodium</p> | <p>21 Honey Garlic Chicken(180) Rice Noodles(10) Broccoli(25) Marble Rye Bread(190) Fresh Apple(0)</p> <p>726 cals; 580mg sodium</p> | <p>22 Pork Chop w/Demi(390) Mashed Potato(20) Butternut Squash(10) Raisin Bread(125) Butterscotch Pudding(190)</p> <p>825 cals; 910mg sodium</p> | <p>23 Sesame Thai Chicken with Asian Noodles(215) Stir Fry Veggies(20) Eggroll&Sweet Sauce(125) Multi-Grain Bread(150) Mandarin & Pineapple(8)</p> <p>705 cals; 693mg sodium</p> | <p>24 Stuffed Shells with Alfredo Sauce(356) Tuscan Veggies(20) Wheat Roll(115) Fresh Grapes(3)</p> <p>723 cals; 669mg sodium</p> |
| <p>27 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)</p> <p>730 cals; 849mg sodium</p> | <p>28 Yankee Pot Roast(480) Whipped Potato(20) Spinach(120) Wheat Bread(115) Peaches(5)</p> <p>888 cals; 915mg sodium</p> | <p>29 General Tso's Chicken(175) Lo Mein Noodles(150) Asian Veggies(20) Wheat Bread(115) Mandarin Oranges(10)</p> <p>733 cals; 645mg sodium</p> | <p>30 Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(145)</p> <p>736 cals; 925mg sodium</p> | <p>31 Crab Cakes with Tartar Sauce(370) Oven Fries(220) Capri Veggies(30) Multi-Grain Bread(150) Fresh Banana(0)</p> <p>720 cals; 945mg sodium</p> |
| <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 130mg for milk.</p> | | | | |