

ELDER NUTRITION PROGRAM

Dukes County

MAY 2023

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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 Salisbury Steak(410) Egg Noodles(15) Spinach(30) Pesto Focaccia(140) Tapioca Pudding(180)	2 Breaded Pork Chop with Apple Demi(390) Roast Red Potato(150) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(8)	COLD PLATE 3 Turkey & Cranberry Salad over Greens(65) Veggie Pasta Salad(280) Naan Flat Bread(124) Fresh Fruit Cup(10)	4 Orange Ginger Chicken(360) Lo-Mein Noodles(150) Asian Veg(20) Wheat Bread(115) Chocolate Brownie(205)	5 Crab Cakes with Tartar Sauce(410) Wedge Potatoes(220) Mixed Veg(30) Multi-Grain Bread(150) Pears(5)
809 cal; 950mg sodium	855 cal; 858mg sodium	626 cal; 654mg sodium	733 cal; 1025mg sodium	738 cal; 990mg sodium
8 Teriyaki Beef(385) Hawaiian Rice(10) Stir-Fry Veg(20) Whole Wheat Roll(187) Yellow Cake(215)	9 Rotisserie Style Chicken(336) Whipped Potato(20) Carrots(43) Whole Grain Bread(150) Pears(5)	10 Veggie & Cheddar Quiche(204) Cucumber, Tomato, & Carrot Salad(120) Rosemary Focaccia(150) Fruited Yogurt(65)	COLD PLATE 11 Shrimp & Orzo Salad with Kalamata, Sundried Tomato & Veg over Mesclun Greens(287) Dinner Roll(150) Fresh Grapes(2)	12 Stuffed Shells with Marinara(277) Capri Veg(30) Garlic Bread(150) Peaches(5)
815 cal; 992mg sodium	802 cal; 729mg sodium	898 cal; 714mg sodium	694 cal; 614mg sodium	660 cal; 637mg sodium
15 Chicken Chablis(185) Rice Pilaf(132) Haricot Verts(5) Parker House Roll(115) Mixed Fruit(8)	16 Meatballs Marinara over Linguini(395) Tuscan Veg(20) 9-Grain Bread(190) Mandarin Oranges(5)	17 Roast Turkey Breast with Gravy(388) Sweet Pot. Wedges(200) Peas(6) Wheat Bread(115) Cherry Cheesecake(50)	18 BBQ Pulled Pork(290) Wedge Potatoes(85) Black Bean & Corn Salad(80) Chef Roll(210) Peaches(5)	19 Chicken Marsala with Farfalle Pasta(195) Tuscan Veg(20) Multi-Grain Bread(150) Chocolate Pudding(230)
654 cal; 620mg sodium	736 cal; 785mg sodium	865 cal; 934mg sodium	735 cal; 845mg sodium	694 cal; 770mg sodium
22 Honey Garlic Chicken(135) Brown Rice(25) Asian Veg(20) Raisin Bread(125) Fresh Banana(0)	23 Atlantic Salmon with Dill Cream Sauce(170) Lyonnais Potato(240) Capri Veg(30) Whole Grain Bread(150) Peaches(5)	24 Penne alla Bolognese(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)	25 Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multi-Grain Bread(150) Pears(5)	COLD PLATE 26 Gourmet Chicken Salad over Greens with Grape Tomatoes(131) Red Bliss Pot. Salad(80) Whole Grain Bread(150) Apple Turnover(210)
710 cal; 480mg sodium	648 cal; 770mg sodium	730 cal; 849mg sodium	878 cal; 868mg sodium	820 cal; 746mg sodium
SITES CLOSED 29 	30 Chicken Fettucine Alfredo(388) Capri Veggies(30) Italian Breadstick(125) Peaches(5)	31 Beef Soft Taco(455) with Cheddar & Jack Cheese, Lettuce & Pico De Gallo Turmeric Rice(15) Black Beans(260) Fresh Apple(0)	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$10.50 <i>*indicates item w/ more than 500mg sodium.</i>	<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>
	873 cal; 723mg sodium	895 cal; 905mg 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.