

ELDER NUTRITION PROGRAM

Dukes County

SEPTEMBER 2023

Telephone:

Office: 508-693-4393

Tisbury: 693-8337

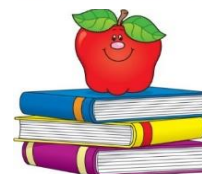
Oak Bluffs: 693-4509

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>Chicken Marsala(175) Parsley Potato(25) Carrots(43) Whole Grain Bread(150) Yellow Cake(210)</p> <p>802 cals; 778mg sodium</p>
<p>SITES CLOSED! 4</p>	<p>5</p> <p>Roast Pork Loin with Apple Demi(287) Roast Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10)</p> <p>855 cals; 677mg sodium</p>	<p>Cold Plate 6</p> <p>Chicken Salad over Greens(65) Veggie Pasta Salad(280) Naan Bread(124) Fresh Fruit Cup(10)</p> <p>626 cals; 654mg sodium</p>	<p>7</p> <p>Veggie & Cheddar Quiche(209) Cuke/Tomato/Carrot Salad with Italian Dressing(115) Clover Leaf Roll(200) Fruited Yogurt(65)</p> <p>898 cals; 764mg sodium</p>	<p>8</p> <p>Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(6) Whole Grain Bread(150) Chocolate Brownie(125)</p> <p>962 cals; 817mg sodium</p>
<p>11</p> <p>Orange Ginger Chicken(175) Rice Noodles(150) Asian Veggies(20) Wheat Bread(115) Mandarin/Pineapple(5)</p> <p>733 cals; 640mg sodium</p>	<p>12</p> <p>Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)</p> <p>878 cals; 868mg sodium</p>	<p>13</p> <p>Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(0)</p> <p>889 cals; 1019mg sodium</p>	<p>14</p> <p>Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Tapioca Pudding(190)</p> <p>730 cals; 849mg sodium</p>	<p>15</p> <p>Garlic & Herb Tilapia(35) Lyonnais Potato(250) Tuscan Veggies(20) Whole Grain Bread(150) Carrot Cake(210)</p> <p>738 cals; 840mg sodium</p>
<p>18</p> <p>Salisbury Steak(410) Egg Noodles(15) Spinach(50) Rosemary Focaccia(140) Chocolate Pudding(180)</p> <p>809 cals; 970mg sodium</p>	<p>19</p> <p>Stuffed Shells with Basil Cream Sauce(277) Capri Veggies(30) Garlic Bread(150) Peaches(5)</p> <p>760 cals; 687mg sodium</p>	<p>20</p> <p>Roast Turkey Breast with Gravy(326) Sweet Pot. Wedges(200) Peas(6) Whole Grain Bread(150) Fresh Banana(0)</p> <p>828 cals; 857mg sodium</p>	<p>21</p> <p>Honey Garlic Grilled Chicken(185) Rice Pilaf(232) Prince Edward Veg(38) Wheat Bread(115) Mixed Fruit(10)</p> <p>720 cals; 755mg sodium</p>	<p>22</p> <p>Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(140)</p> <p>736 cals; 920mg sodium</p>
<p>25</p> <p>Honey Bourbon Sirloin(570)* Jasmine Rice(10) Edamame Salad(19) Clover Leaf Roll(200) Fresh Orange(0)</p> <p>737 cals; 974mg sodium</p>	<p>26</p> <p>Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Ciabatta Bread(140) Cherry Cheesecake(50)</p> <p>772 cals; 618mg sodium</p>	<p>27</p> <p>Beef Stroganoff(445) Rice(0) California Veggies(30) Whole Wheat Roll(115) Chocolate Cake(285)</p> <p>1038 cals; 1050mg sodium</p>	<p>28</p> <p>Chicken Parmesan over Linguini(520)* Tuscan Veggies(20) Multi-Grain Bread(150) Peaches(5)</p> <p>824 cals; 870mg sodium</p>	<p>29</p> <p>Beer Battered Codfish with Tartar Sauce(370) Potato Cakes(220) Coleslaw(30) Multi-Grain Bread(150) Pears(4)</p> <p>738 cals; 949mg 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>				