

ELDER NUTRITION PROGRAM

Dukes County

NOVEMBER 2023

Telephone:

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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 |
|---|--|--|---|--|
| <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>1</p> <p>Beef Stroganoff(330) Rice(0) California Veggies(30) Whole Wheat Roll(150) Mixed Fruit(6)</p> <p>798 Cals; 686mg sodium</p> | <p>2</p> <p>Meatloaf with Demi-Glace(336) Whipped Potatoes(20) Green Peas(30) Whole Grain Bread(150) Fresh Banana(0)</p> <p>802 cals; 706mg sodium</p> | <p>3</p> <p>Stuffed Shells with Marinara Sauce(320) Capri Veggies(30) Multi-Grain Bread(150) Tapioca Pudding(180)</p> <p>668 cals; 850mg sodium</p> |
| <p>6</p> <p>Yankee Pot Roast(480) Whipped Potatoes(20) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)</p> <p>878 cals; 858mg sodium</p> | <p>7</p> <p>Veggie & Cheddar Jack Quiche(209) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Fruited Yogurt(65)</p> <p>898 cals; 714mg sodium</p> | <p>8</p> <p>Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)</p> <p>730 cals; 844mg sodium</p> | <p>9</p> <p>Dill Crusted Cod in White Wine & Butter(320) Au Gratin Potatoes(5) Green Peas(30) Dinner Roll(150) Peaches(5)</p> <p>660 cals; 680mg sodium</p> | |
| <p>13</p> <p>Swedish Meatballs(410) Egg Noodles(15) Prince Edward Veg(38) Rosemary Focaccia(150) Chocolate Pudding(180)</p> <p>809 cals; 963mg sodium</p> | <p>14</p> <p>Teriyaki Beef Stir-fry(775) Rice Noodles(10) Chick Pea & Edamame Salad(39) Whole Wheat Roll(150) Fresh Pineapple(10)</p> <p>684 cals; 1154mg sodium</p> | <p>15</p> <p>Atlantic Salmon with Dill Beurre Blanc(200) Lyonnais Potatoes(180) Tuscan Veggies(15) Whole Grain Bread(150) Carrot Cake(210)</p> <p>738 cals; 925mg sodium</p> | <p>16</p> <p>Turkey with Stuffing & Cranberry Sauce(388) Mashed Potatoes(20) Butternut Squash(44) Whole Wheat Roll(150) Pumpkin Pie(295)</p> <p>873 cals; 1067mg sodium</p> | <p>17</p> <p>Honey Bourbon Chicken(318) Brown Rice(15) Stir Fry Veggies(30) Multi-Grain Bread(150) Peaches(5)</p> <p>745 cals; 688mg sodium</p> |
| <p>20</p> <p>Meat Lasagna(450) Capri Veggies(30) Peaches(5) French Bread(115) Vanilla Custard(140)</p> <p>775 cals; 910mg sodium</p> | <p>21</p> <p>BBQ Brisket(335) on Soft Roll(155) Broccoli Slaw(10) Potato Pancakes(150) Applesauce(10)</p> <p>855 cals; 830mg sodium</p> | <p>22</p> <p>Chicken Cacciatore over Angel Hair Pasta(233) Capri Veggies(30) Multi-Grain Bread(150) Pears(4)</p> <p>695 cals; 587mg sodium</p> | <p>23</p> <p>Sites are Closed!</p> | <p>24</p> <p>Crab Cake with Tartar Sauce(370) Wedge Potato(220) Green Peas(30) Whole Wheat Roll(150) Fresh Orange(0)</p> <p>738 cals; 940mg sodium</p> |
| <p>27</p> <p>Stir Fry Beef(615)* Asian Veggies(20) Sesame Noodles(10) Wheat Bread(115) Mandarin Oranges(5)</p> <p>855 cals; 935mg sodium</p> | <p>28</p> <p>Orange Ginger Chicken(175) Rice Noodles(150) Asian Veggies(20) Wheat Bread(115) Pineapple(5)</p> <p>733 cals; 635mg sodium</p> | <p>29</p> <p>Herb Roast Pork Loin w/ Apple Demi-Glace(320) Roast Red Potatoes(150) Capri Veggies(30) Whole Grain Bread(150) Butterscotch Pudding(190)</p> <p>660 cals; 1010mg sodium</p> | <p>30</p> <p>Herb Roast Chicken(231) Roast Sweet Potato(124) over fresh Spinach, Cranberry, & Pepita(135) Multi-Grain Bread(150) Pears(4)</p> <p>794 cals; 814mg sodium</p> | <p>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.</p> |

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk.

Each item is followed by mg of sodium. Margarine adds 45mg; Milk adds 125mg sodium.

