

# ELDER NUTRITION PROGRAM

Dukes County

APRIL 2023

Telephone:

Office: 508-693-4393

Tisbury: 508-744-8618

Up Island: 508-693-2896

Oak Bluffs: Not serving at this time



# 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><b>1</b></p> <p>Salisbury Steak(410) Half Baked Potato(17) Asparagus Tips(5) Rosemary Focaccia(140) Tapioca Pudding(180)</p>	<p><b>2</b></p> <p>Honey Bourbon Chicken(180) Brown Rice(0) Oriental Veggies(10) Raisin Bread(125) Fresh Fruit Cup(10)</p>	<p><b>3</b></p> <p>Ham &amp; Swiss Cheese with Mustard(590)* on Croissant(180) Sweet Potato(44) Broccoli(25) Pineapple(0)</p>	<p><b>4</b></p> <p>Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multigrain Bread(150) Mixed Fruit(8)</p>	<p><b>5</b></p> <p>Atlantic Salmon with Pineapple-Mango Salsa(35) Lyonnais Potato(250) Tuscan Veggies(20) Whole Grain Bread(150) Apple Strudel(195)</p>
<b>809 cal; 927mg sodium</b>	<b>710 cal; 500mg sodium</b>	<b>889 cal; 1014mg sodium</b>	<b>993 cal; 871mg sodium</b>	<b>738 cal; 825mg sodium</b>
<p><b>8</b></p> <p>Chicken Pot Pie with Peas, Carrots, &amp; Pearl Onions(320) Mixed Fruit(8) Buttermilk Biscuit(290) Chocolate Cake(130)</p>	<p><b>9</b></p> <p>Beef Burgundy(325) Potato Wedges(20) Haricots Verts(5) Whole Grain Bread(150) Peaches(5)</p>	<p><b>10</b></p> <p>Tuscan Chicken with Sundried Tomato Pesto Cream, Mozzarella &amp; Basil over Fusilli(387) Tuscan Veggies(20) Multigrain Bread(150) Fresh Orange(0)</p>	<p><b>11</b></p> <p>Cheddar Quiche with Tomato, Squash, &amp; Zucchini(104) Mixed Green Salad with Dressing(280) Coffee Cake(125) Pears(5)</p>	<p><b>High Sodium Meal 12</b></p> <p>Battered Codfish with Tartar Sauce &amp; Lemon(650)* Potato Cakes(125) Cole Slaw(300) Whole Grain Bread(150) Yogurt(60)</p>
<b>824 cal; 923mg sodium</b>	<b>898 cal; 680mg sodium</b>	<b>694 cal; 732mg sodium</b>	<b>626 cal; 689mg sodium</b>	<b>875 cal; 1460mg sodium</b>
<p><b>SITES CLOSED 15</b></p>	<p><b>16</b></p> <p>Chicken Coq Au Vin(273) Rice(0) Zucchini &amp; Squash(5) Parker House Roll(115) Mixed Fruit(8)</p>	<p><b>17</b></p> <p>Meatloaf with Demi Glace(336) Whipped Potato(20) Carrots(43) Whole Grain Bread(150) Pears(5)</p>	<p><b>18</b></p> <p>Center Cut Pork Loin with Apple Raisin Demi(390) Rice Pilaf(120) Broccoli(25) Marble Rye Bread(110) Fresh Apple(0)</p>	<p><b>19</b></p> <p>Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veg(15) Ciabatta Bread(140) Cherry Cheesecake(125)</p>
<b>PATRIOT'S DAY</b>	<b>654 cal; 576mg sodium</b>	<b>802 cal; 729mg sodium</b>	<b>733 cal; 820mg sodium</b>	<b>772 cal; 693mg sodium</b>
<p><b>22</b></p> <p>Veggie Lasagna(480) Capri Veggies(30) Multigrain Bread(150) Fresh Banana(0)</p>	<p><b>23</b></p> <p>Orange Ginger Chicken(360) Brown Rice(25) Asian Veggies(20) Raisin Bread(125) Mixed Fruit(8)</p>	<p><b>24</b></p> <p>Teriyaki Beef Tips(375) Rice Noodles(10) Chickpea &amp; Edamame Salad(19) Whole Wheat Roll(187) Poundcake(215)</p>	<p><b>25</b></p> <p>Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)</p>	<p><b>26</b></p> <p>Butternut Squash Ravioli with Fresh Basil(200) &amp; Grilled Chicken(180) Spinach(45) Herb Breadstick(180) Peaches(5)</p>
<b>768 cal; 835mg sodium</b>	<b>710 cal; 713mg sodium</b>	<b>815 cal; 981mg sodium</b>	<b>730 cal; 849mg sodium</b>	<b>665 cal; 785mg sodium</b>
<p><b>29</b></p> <p>Chicken with Tri-Color Tortellini Sundry in Pesto Cream Sauce(510)* Asparagus Tips(5) Wheat Roll(210) Peaches(5)</p>	<p><b>30</b></p> <p>Roast Turkey Breast with Gravy(398) Sweet Potato Nuggets(230) Peas(6) Wheat Bread(115) Chocolate Mousse(50)</p>	<p><b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</b></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 &amp; have them with another meal or snack.</i></p>	
<b>626 cal; 905mg sodium</b>	<b>760 cal; 974mg sodium</b>			

**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.