

ELDER NUTRITION PROGRAM

Dukes County

AUGUST 2024

Telephone:

Office: 508-693-4393

Tisbury: 508-744-8618

Up Island: 693-2896

Oak Bluffs: Not Serving



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 \$3.00 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>Center Cut Pork Loin with Apple Demi(315) Roasted Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10)</p> <p>855 cal; 705mg sodium</p>	<p>Cold Plate 2</p> <p>Chicken Sao Pico Salad with Carrots/Peas/Raisins over Greens(96) Red Bliss Pot. Salad(340) Whole Grain Bread(150) Apple Strudel(190)</p> <p>870 cal; 951mg sodium</p>
<p>5</p> <p>BBQ Pulled Pork(235) Wedge Potatoes(85) Black Bean & Corn Salad(80) Chef Roll(210) Peaches(5)</p> <p>735 cal; 790mg sodium</p>	<p>6</p> <p>Chicken Coq au Vin(175) Parsley Boiled Potato(25) Carrots(43) Whole Grain Bread(150) Yellow Cake(210)</p> <p>802 cal; 778mg sodium</p>	<p>7</p> <p>Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(6) Whole Grain Bread(150) Pears(4)</p> <p>802 cal; 696mg sodium</p>	<p>Cold Plate 8</p> <p>Chicken Salad on Greens with Apple & Craisins(65) Veggie Pasta Salad with Carrot/Peppers/Olives(280) Naan Flat Bread(124) Fresh Fruit Cup(10)</p> <p>626 cal; 654mg sodium</p>	<p>9</p> <p>Penna alla Bolognese(311) Green Beans(23) Multi-Grain Bread(150) Tapioca Pudding(230)</p> <p>730 cal; 889mg 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 cal; 868mg sodium</p>	<p>13</p> <p>Thai Angus Steak(275) Jasmine Rice(0) Chick Peas & Edamame(19) Wheat Roll(187) Pineapple(0)</p> <p>815 cal; 656mg sodium</p>	<p>14</p> <p>Rotisserie Chicken(185) Rice Pilaf(132) Haricot Verts(5) Multi-Grain Roll(207) Chocolate Cake(329)</p> <p>987 cal; 1033mg sodium</p>	<p>Cold Plate 15</p> <p>Tuna Niçoise Salad with Grape Tomato/HB Egg/Red Potato/Haricot Verts over Mesclun Greens(387) Dinner Roll(150) Melon & Berry Salad(10)</p> <p>694 cal; 722mg sodium</p>	<p>16</p> <p>Chicken Breast & Tri-Color Tortellini with Pesto Cream Sauce(390) Tuscan Veg(20) Garlic Bread(150) Butterscotch Pudding(190)</p> <p>694 cal; 925mg sodium</p>
<p>19</p> <p>Stuffed Shells with Basil Cream Sauce(277) Capri Veg(30) Garlic Bread(150) Peaches(5)</p> <p>660 cal; 637mg sodium</p>	<p>20</p> <p>Pineapple Grilled Chicken Teriyaki(387) Rice Noodles(15) Stir-Fry Veg(20) Multi-Grain Bread(150) Fresh Orange(0)</p> <p>694 cal; 747mg sodium</p>	<p>21</p> <p>Salisbury Steak(410) Egg Noodles(15) Spinach(50) Focaccia Bread(140) Spice Cake(210)</p> <p>839 cal; 1000mg sodium</p>	<p>22</p> <p>Roast Turkey Breast with Gravy(388) Sweet Pot. Wedges(200) Peas(6) Wheat Bread(115) Cherry Cheesecake(50)</p> <p>860 cal; 934mg sodium</p>	<p>23</p> <p>Salmon with Lemon-Dill Cream Sauce(135) Lyonnais Potato(250) California Veg(30) Whole Grain Bread(150) Pears(4)</p> <p>602 cal; 744mg sodium</p>
<p>26</p> <p>Orange Ginger Chicken(175) Lo-Mein Noodles(150) Asian Veg(20) Wheat Bread(115) Chocolate Pudding(190)</p> <p>836 cal; 825mg sodium</p>	<p>27</p> <p>Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(0)</p> <p>889 cal; 1019mg sodium</p>	<p>28</p> <p>Teriyaki Beef Tips(385) Hawaiian Rice(0) Asian Veg(20) Whole Wheat Roll(115) Mandarin Oranges(5)</p> <p>798 cal; 700mg sodium</p>	<p>29</p> <p>Veggie Lasagna(480) Spinach(50) Ciabatta Bread(160) Banana(10)</p> <p>768 cal; 875mg sodium</p>	<p>30</p> <p>Beef Stroganoff(520) Rice(0) California Veg(30) Whole Wheat Roll(115) Peaches(5)</p> <p>798 cal; 845mg sodium</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.