

ELDER NUTRITION PROGRAM

Dukes County

JULY 2024

Telephone:

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Call Site for Reservations & Cancellations at least two (2) business days in advance.

Menu subject to change without notice.

Oak Bluffs: Not Serving

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Ginger Chicken(210) Asian Noodles(5) Diced Carrots(43) Wheat Bread(115) Fresh Banana(10)	COLD PLATE 2 Angus Beef Salad(167) w/Mesclun Greens&Tomato Mandarin & Orzo Salad with Fresh Grapes(32) Salad Roll(210) Butterscotch Pudding(180)	High Sodium Meal 3 Lobster Salad over Local Greens(620)* Potato Salad(340) Diced Watermelon(0) Top Sliced Roll(160) Apple Turnover(220)	SITES CLOSED 4 Happy Fourth of July! 	5 Salmon with Lemon & Dill Cream Sauce(193) Parsley Potatoes(90) Tuscan Veggies(20) Wheat Bread(115) Peaches(5)
733 cal; 558mg sodium	777 cal; 764mg sodium	866 cal; 1515mg sodium		643 cal; 598mg sodium
8 Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Ciabatta Bread(140) Cherry Cheesecake(50)	9 Roast Beef Au Jus(470) Twice Baked Potato(120) Asparagus Tips(0) Clover Leaf Roll(210) Peaches(5)	COLD PLATE 10 Turkey & Provolone(215) on Sprouted Bread(220) Potato Salad(340) Edamame Salad with corn,craisins,&beans(0) Fresh Baked Cookie(125)	11 Sweet & Sour Chicken(225) Rice(0) Broccoli(25) Rye Bread(110) Fresh Apple(0)	12 Meatloaf with Demi Glace(336) Whipped Potato(25) Peas(6) Wheat Bread(115) Pears(4)
772 cal; 618mg sodium	915 cal; 980mg sodium	698 cal; 1075mg sodium	733 cal; 535mg sodium	852 cal; 661mg sodium
15 Yankee Pot Roast(480) Whipped Potato(25) Spinach(84) Multigrain Bread(150) Peaches(5)	COLD PLATE 16 Cheddar Quiche with Tomato/Squash/Zucchini(104) Mixed Green Salad with LS Italian Dressing(120) Wheat Bread(115) Blueberry Streusel Cake(280)	17 Beef Stir Fry(790)* Rice Noodles(0) Asian Veggies(19) Whole Grain Roll(207) Pineapple(0)	18 Chicken Parmesan with Orzo(520)* California Veggies(30) Multigrain Bread(150) Mandarin Oranges(10)	19 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Tapioca Pudding(230)
981 cal; 919mg sodium	878 cal; 794mg sodium	825 cal; 1191mg sodium	824 cal; 885mg sodium	730 cal; 889mg sodium
22 Herb Roast Pork Loin w/ Apple Demi-Glace(341) Roast Red Potatoes(70) Butternut Squash(10) Multigrain Bread(150) Fresh Orange(0)	23 Honey Bourbon Grilled Chicken(364) Hawaiian Rice(15) Stir Fry Veggies(20) Multigrain Bread(150) Chocolate Brownie(205)	24 Angus Steak in A-1 Mushroom Demi(512)* Wedge Potatoes(161) Tuscan Veggies(20) Multigrain Roll(125) Pineapple(0)	High Sodium Meal 25 Beer Battered Codfish with Tartar Sauce(650)* Potato Cakes(220) Coleslaw(230) Multigrain Bread(150) Pears(4)	COLD PLATE 26 Chicken Salad over Greens(209) Pasta&Veggie Salad(215) Grape Bunch(0) Wheat Pita Bread(150) Fruited Yogurt(65)
732 cal; 746mg sodium	884 cal; 929mg sodium	965 cal; 993mg sodium	738 cal; 1429mg sodium	724 cal; 814mg sodium
29 Beef Burgundy(325) Rice(0) Haricot Verts(5) Whole Grain Roll(207) Pineapple(0)	30 Center Cut Pork Loin with Apple Demi(315) Roasted Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10)	31 Quiche Lorraine(304) Cucumber, Tomato, & Carrot Salad with Vinaigrette(220) Rosemary Focaccia(150) Fruited Yogurt(65)	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00 *indicates item w/ more than 500mg sodium.	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.
898 cal; 712mg sodium	855 cal; 705mg sodium	898 cal; 914mg 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.