

# ELDER NUTRITION PROGRAM

Dukes County

**SEPTEMBER 2024**

Telephone:

Office: 508-693-4393

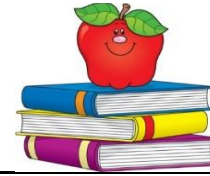
Tisbury: 508-744-8618

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.**

**Oak Bluffs: Not Serving**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SITES CLOSED! 2</b> 	<b>3</b> Roast Pork Loin with Apple Demi(287) Roast Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10) <b>855 cal; 677mg sodium</b>	<b>4</b> Veggie & Cheddar Quiche(209) Cuke/Tomato/Carrot Salad with Italian Dressing(115) Clover Leaf Roll(200) Fruited Yogurt(65) <b>898 cal; 764mg sodium</b>	<b>Cold Plate 5</b> Chicken Salad over Greens(65) Veggie Pasta Salad(280) Naan Bread(124) Fresh Fruit Cup(10) <b>626 cal; 654mg sodium</b>	<b>6</b> Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(6) Whole Grain Bread(150) Chocolate Brownie(125) <b>962 cal; 817mg sodium</b>
<b>9</b> Orange Ginger Chicken(175) Rice Noodles(150) Asian Veggies(20) Wheat Bread(115) Mandarin/Pineapple(5) <b>733 cal; 640mg sodium</b>	<b>10</b> Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0) <b>878 cal; 868mg sodium</b>	<b>11</b> Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(0) <b>889 cal; 1019mg sodium</b>	<b>12</b> Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Tapioca Pudding(190) <b>730 cal; 849mg sodium</b>	<b>13</b> Garlic & Herb Tilapia(35) Lyonnaise Potato(250) Tuscan Veggies(20) Whole Grain Bread(150) Carrot Cake(210) <b>738 cal; 840mg sodium</b>
<b>16</b> Salisbury Steak(410) Egg Noodles(15) Spinach(50) Rosemary Focaccia(140) Chocolate Pudding(180) <b>809 cal; 970mg sodium</b>	<b>17</b> Stuffed Shells w/Sundry Basil Cream Sauce(277) Capri Veggies(30) Garlic Bread(150) Peaches(5) <b>760 cal; 637mg sodium</b>	<b>18</b> Honey Garlic Grilled Chicken(185) Rice Pilaf(232) Prince Edward Veg(38) Wheat Bread(115) Mixed Fruit(10) <b>720 cal; 755mg sodium</b>	<b>19</b> Roast Turkey Breast with Gravy(326) Sweet Pot. Wedges(200) Peas(6) Whole Grain Bread(150) Fresh Banana(0) <b>828 cal; 857mg sodium</b>	<b>20</b> Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(140) <b>736 cal; 920mg sodium</b>
<b>23</b> Honey Bourbon Sirloin(570)* Jasmine Rice(10) Edamame Salad(19) Clover Leaf Roll(200) Fresh Orange(0) <b>737 cal; 974mg sodium</b>	<b>24</b> Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Ciabatta Bread(140) Cherry Cheesecake(50) <b>772 cal; 618mg sodium</b>	<b>25</b> Beef Stroganoff(445) Rice(0) California Veggies(30) Whole Wheat Roll(115) Chocolate Cake(285) <b>1038 cal; 1050mg sodium</b>	<b>26</b> Chicken Parmesan over Linguini(520)* Tuscan Veggies(20) Multi-Grain Bread(150) Peaches(5) <b>824 cal; 870mg sodium</b>	<b>27</b> Salmon in Lemon Dill Sauce(172) Parsley Mash. Potato(25) Citrus Craisin Slaw(30) Multi-Grain Bread(150) Pears(4) <b>722 cal; 556mg sodium</b>
<b>30</b> Chicken Marsala(175) Parsley Potato(25) Carrots(43) Whole Grain Bread(150) Yellow Cake(210) <b>802 cal; 778mg sodium</b>	<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>		<b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</b>  <i>*indicates item w/ more than 500mg sodium.</i>	

**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.