

# ELDER NUTRITION PROGRAM

Dukes County

**OCTOBER 2024**

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.**

**Oak Bluffs: Not Serving**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<p><b>1</b> Angus Flank Steak with A-1 Mushroom Demi(390) Roast Red Potato(150) Butternut Squash(23) Raisin Bread(125) Mixed Fruit(8)</p>	<p><b>2</b> Chicken &amp; Tri-Color Tortellini in Pesto Cream Sauce(500)* Capri Veggies(30) Parker House Roll(210) Fresh Fruit Cup(10)</p>	<p><b>3</b> Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(30) Whole Grain Bread(150) Pears(4)</p>	<p><b>4</b> Veggie &amp; Cheddar Jack Quiche(209) Cucumber, Tomato, &amp; Carrot Salad(129) Pesto Focaccia(150) Fruited Yogurt(65)</p>
	<b>855 cal; 866mg sodium</b>	<b>626 cal; 920mg sodium</b>	<b>802 cal; 715mg sodium</b>	<b>898 cal; 723mg sodium</b>
<p><b>7</b> Stuffed Shells with Marinara Sauce(450) Capri Veggies(30) Garlic Bread(150) Peaches(5)</p>	<p><b>8</b> Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)</p>	<p><b>9</b> Spaghetti with Meat Sauce(311) Green Beans(29) Garlic Bread(150) Tapioca Pudding(190)</p>	<p><b>10</b> Ham &amp; Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato Nuggets(44) Broccoli(25) Pineapple(0)</p>	<p><b>11</b> Pineapple Teriyaki Chicken(410) Rice Noodles(10) Asian Veggies(20) Wheat Bread(115) Chocolate Brownie(140)</p>
<b>660 cal; 805mg sodium</b>	<b>878 cal; 863mg sodium</b>	<b>730 cal; 850mg sodium</b>	<b>889 cal; 1014mg sodium</b>	<b>733 cal; 865mg sodium</b>
<p><b>SITES CLOSED 14</b></p> 	<p><b>15</b> Roast Chicken with Lump Crabmeat &amp; Hollandaise(224) Half Baked Potato(15) Asparagus(6) Multi-Grain Bread(150) Chocolate Pudding(180)</p>	<p><b>16</b> Pulled Pork(235) Wedge Potatoes(85) Craisin Slaw(30) Chef Roll(210) Pears(4)</p>	<p><b>17</b> Honey Garlic Grilled Chicken(185) Jasmine Rice(0) Asian Veggies(20) Wheat Bread(115) Mixed Fruit(8)</p>	<p><b>18</b> Meatballs Marinara with Tri-Color Rotini(386) Green Beans(29) Pumpkin Bread Pudding(185)</p>
	<b>979 cal; 745mg sodium</b>	<b>721 cal; 734mg sodium</b>	<b>733 cal; 498mg sodium</b>	<b>736 cal; 770mg sodium</b>
<p><b>21</b> Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Ciabatta Bread(140) Cherry Cheesecake(50)</p>	<p><b>22</b> Honey Bourbon Pork Chop(240) Rice Pilaf(132) California Veggies(49) Wheat Bread(115) Mixed Fruit(8)</p>	<p><b>23</b> Beef Burgundy(320) Rice(10) Prince Edward Veg(38) Whole Wheat Roll(115) Peaches(5)</p>	<p><b>24</b> Roast Turkey Breast with Gravy(496) Sweet Pot. Wedges(125) Peas(30) Wheat Bread(115) Fresh Banana(0)</p>	<p><b>25</b> Beer Battered Codfish with Tartar Sauce(370) Potato Cakes(220) Coleslaw(30) Multi-Grain Bread(150) Pears(4)</p>
<b>772 cal; 613mg sodium</b>	<b>733 cal; 714mg sodium</b>	<b>798 cal; 658mg sodium</b>	<b>720 cal; 936mg sodium</b>	<b>738 cal; 944mg sodium</b>
<p><b>28</b> Chicken Parmesan with Spaghetti(696)* Tuscan Veggies(20) Herb Breadstick(115) Pears(4)</p>	<p><b>29</b> Atlantic Salmon with Dill Cream Sauce(200) Lyonnais Potato(180) Tuscan Veggies(20) Whole Grain Bread(150) Butterscotch Pudding(180)</p>	<p><b>30</b> Beef Stroganoff(330) Rice(0) California Veggies(30) Whole Wheat Roll(150) Mixed Fruit(6)</p>	<p><b>Happy Halloween! 31</b> Chicken with Butternut Squash Ravioli, Fresh Basil, &amp; Pinenuts(380) Asparagus(6) Whole Grain Bread(150) Halloween Cake(370)</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>
<b>826 cal; 1000mg sodium</b>	<b>757 cal; 900mg sodium</b>	<b>798 Cal; 686mg sodium</b>	<b>966 cal; 1076mg 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 125mg for milk.