

**ELDER NUTRITION PROGRAM**

**Dukes County**

**DECEMBER 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
2 Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)	3 Chicken Fettucine Alfredo(388) Capri Veggies(30) Breadstick(125) Peaches(5)	4 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Chocolate Mousse(190)	5 Herb Roast Pork Tenderloin Chop(240) Rice Pilaf(220) California Veggies(30) Wheat Bread(115) Mixed Fruit(8)	6 Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Pot. Wedge(44) Broccoli(25) Mixed Fruit(8)
<b>878 cal; 858mg sodium</b>	<b>873 cal; 718mg sodium</b>	<b>730 cal; 844mg sodium</b>	<b>733 cal; 783mg sodium</b>	<b>889 cal; 1022mg sodium</b>
9 Rotisserie Chicken(410) Brown Rice(15) Green Beans(23) Rosemary Focaccia(140) Pears(5)	10 Angus Flank Steak with A-1 Mushroom Demi(318) Mashed Potato(20) California Veggies(30) Multi-Grain Bread(150) Fresh Orange(0)	11 Chicken Cacciatore over Angel Hair Pasta(233) Capri Veggies(30) Ciabatta Bread(140) Chocolate Pudding(180)	12 Roast Turkey w/Gravy & Cranberry Sauce(388) Whipped Potato(20) Baby Carrots(8) Pumpkin Bread Pudding(273)	13 Veggie Lasagna(575)* Tuscan Veggies(15) Whole Wheat Roll(150) Pineapple(5)
<b>809 cal; 763mg sodium</b>	<b>776 cal; 688mg sodium</b>	<b>772 cal; 753mg sodium</b>	<b>873 cal; 859mg sodium</b>	<b>847 cal; 915mg sodium</b>
16 Stuffed Shells with Marinara Sauce(420) Capri Veggies(30) Garlic Bread(150) Peaches(5)	17 Veggie & Cheddar Jack Quiche(209) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Fruited Yogurt(65)	18 Salmon with Lemon Mediterranean Crust(298) Parsley Potato(35) Prince Edward Veg(38) Whole Wheat Roll(150) Peaches(5)	<b>Happy Holidays! 20</b> Roast Ribeye Au Jus & Horse Radish Sauce(420) Rice Pilaf(220) Broccoli(25) French Bread(110) Frosted Spice Cake(210)	19 Chicken Oscar with Asparagus, Crab Meat & Hollandaise Sauce(436) Roast Red Potato(150) Wheat Bread(115) Fresh Apple(0)
<b>660 cal; 775mg sodium</b>	<b>898 cal; 714mg sodium</b>	<b>660 cal; 696mg sodium</b>	<b>997 cal; 1155mg sodium</b>	<b>816 cal; 871mg sodium</b>
23 Chicken Breast over Tortellini in Pesto Cream Sauce(625)* Tuscan Veggies(15) Garlic Bread(150) Pears(5)	24 Baked Stuffed Sole with Crab Meat (510)* Brown Rice(15) Capri Veggies(30) Whole Grain Bread(150) Holiday Cake(218)	<b>SITES CLOSED! 25</b> 	26 Herb Roast Chicken with Apple Stuffing(200) Potato Latkes(180) French Green Beans(15) Whole Grain Bread(150) Carrot Cake(210)	27 Fish Cakes with Tartar Sauce(470) Wedge Potatoes(220) Peas(30) Whole Wheat Roll(150) Fresh Orange(0)
<b>868 cal; 965mg sodium</b>	<b>828 cal; 1093mg sodium</b>	<b>Happy Holidays!</b>	<b>738 cal; 925mg sodium</b>	<b>738 cal; 1040mg sodium</b>
30 General Tso's Chicken(255) Lo-Mein Noodles(150) Stir Fry Veggies(30) Wheat Bread(115) Mandarin Oranges(10)	<b>Happy New Year! 31</b> Honey Bourbon Steak(458) 1/2 Baked Potato(109) Asparagus(3) Whole Grain Bread(150) Cherry Cheesecake(125)		<b>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.</b>	<b>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</b>  <b>*indicates item w/ more than 500mg sodium.</b>
<b>733 cal; 730mg sodium</b>	<b>1052 cal; 1015mg 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.