

# ELDER NUTRITION PROGRAM

Dukes County

JANUARY 2025

Telephone:

Office: 508-693-4393

Tisbury: 693-8337

Up Island: 693-2896



# Elder Services

of Cape Cod and the Islands


# 2025



**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>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>	<p><b>SITES CLOSED 1</b></p> 	<p><b>2</b></p> <p>Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multi-Grain Bread(150) Chilled Pineapple(5)</p> <p><b>993 cal; 868mg sodium</b></p>	<p><b>3</b></p> <p>Salmon with Pineapple-Mango Salsa(35) Lyonnais Potato(250) Tuscan Veg(15) Whole Grain Bread(150) Apple Strudel(210)</p> <p><b>738 cal; 835mg sodium</b></p>
<p><b>6</b></p> <p>Salisbury Steak(380) Half Baked Potato(90) Asparagus Tips(3) Artisan Roll(145) Tapioca Pudding(180)</p> <p><b>809 cal; 973mg sodium</b></p>	<p><b>7</b></p> <p>Honey Garlic Chicken(115) Brown Rice(15) Asian Veg(20) Blueberry Scone(125) Fresh Fruit Cup(10)</p> <p><b>710 cal; 460mg sodium</b></p>	<p><b>8</b></p> <p>Ham &amp; Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(5)</p> <p><b>889 cal; 1024mg sodium</b></p>	<p><b>9</b></p> <p>Beef Bordelaise(363) Rice Noodles(10) Three-Bean Salad(19) Wheat Roll(210) Chocolate Cake(215)</p> <p><b>815 cal; 992mg sodium</b></p>	<p><b>10</b></p> <p>Crab Cakes with Tartar Sauce(410) Wedge Potatoes(220) Mixed Veg(30) Multi-Grain Bread(150) Pears(5)</p> <p><b>738 cal; 990mg sodium</b></p>
<p><b>13</b></p> <p>Stuffed Shells with Marinara(420) Capri Veg(30) Garlic Bread(150) Pears(5)</p> <p><b>660 cal; 780mg sodium</b></p>	<p><b>14</b></p> <p>Tuscan Chicken with Sundried Tomato, Pesto Cream, Mozzarella, &amp; Basil over Rotini(387) Tuscan Veg(15) Multi-Grain Bread(150) Fresh Orange(0)</p> <p><b>694 cal; 727mg sodium</b></p>	<p><b>15</b></p> <p>Beef Burgundy(425) Roast Potato(220) Haricot Verts(15) Whole Grain Bread(150) Peaches(5)</p> <p><b>898 cal; 990mg sodium</b></p>	<p><b>16</b></p> <p>Cheddar Jack Quiche w/ Tomato &amp; Spinach(209) Cuke/Tomato/Carrot Salad with Italian Dressing(120) Mixed Berry Coffee Cake(145) Fruited Yogurt(65)</p> <p><b>898 cal; 714mg sodium</b></p>	<p><b>17</b></p> <p>Grilled Chicken(180) with Butternut Squash Ravioli, Fresh Basil &amp; Pine Nuts(206) Spinach(45) Herb Breadstick(180) Chocolate Brownie(135)</p> <p><b>735 cal; 921mg sodium</b></p>
<p><b>SITES CLOSED 20</b></p> 	<p><b>21</b></p> <p>Braised Short Rib(270) Roast Red Potato(200) Butternut Squash(10) Whole Grain Bread(150) Mandarin Oranges(10)</p> <p><b>902 cal; 815mg sodium</b></p>	<p><b>22</b></p> <p>Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veg(15) Ciabatta Bread(140) Cherry Cheesecake(125)</p> <p><b>772 cal; 688mg sodium</b></p>	<p><b>23</b></p> <p>Meatloaf with Demi-Glace(336) Whipped Potato(20) Carrots(43) Whole Grain Bread(150) Pears(5)</p> <p><b>802 cal; 729mg sodium</b></p>	<p><b>24</b></p> <p>Pork Loin with Apple Chutney(390) Rice Pilaf(120) Broccoli(25) Marble Rye Bread(110) Fresh Apple(0)</p> <p><b>733 cal; 820mg sodium</b></p>
<p><b>Martin Luther King Day</b></p>	<p><b>27</b></p> <p>Chicken with Tri-Color Tortellini in Pesto Cream Sauce(510)* Asparagus Tips(3) Wheat Roll(210) Peaches(5)</p> <p><b>626 cal; 903mg sodium</b></p>	<p><b>28</b></p> <p>Swedish Meatballs(370) Egg Noodles(15) California Veg(30) 9-Grain Bread(190) Pears(5)</p> <p><b>698 cal; 785mg sodium</b></p>	<p><b>29</b></p> <p>Baked Ziti with Chicken, Broccoli, &amp; Carrots(570)* Green Beans(23) Garlic Bread(150) Chocolate Pudding(190)</p> <p><b>715 cal; 1108mg sodium</b></p>	<p><b>30</b></p> <p>Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)</p> <p><b>730 cal; 849mg sodium</b></p>
<p><b>31</b></p> <p>Salmon with Lemon &amp; Dill Cream Sauce(193) Parsley Potatoes(90) Tuscan Veggies(20) Wheat Bread(115) Peaches(5)</p> <p><b>643 cal; 598mg sodium</b></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.