

# ELDER NUTRITION PROGRAM

**Dukes County FEBRUARY 2025**

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

**Menu subject to change without notice.**

Telephone:

Office: 508-693-4393

Tisbury: 693-8337

Up Island: 693-2896



# Elder Services

of Cape Cod and the Islands



Oak Bluffs: Not Serving

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>	<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>3</b></p> <p>Grilled Orange Ginger Chicken(360) Rice Noodles(150) Asian Veggies(30) Wheat Bread(115) Mandarin Oranges(10)</p> <p><b>807 cal; 840mg sodium</b></p>	<p><b>4</b></p> <p>Center Cut Pork Loin with Apple Demi(390) Roast Red Potato(150) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10)</p> <p><b>855 cal; 860mg sodium</b></p>	<p><b>5</b></p> <p>Beef Burgundy(325) Brown Rice(0) California Veggies(30) Whole Wheat Roll(115) Fresh Orange(0)</p> <p><b>798 cal; 645mg sodium</b></p>	<p><b>6</b></p> <p>Veggie &amp; Cheddar Jack Quiche(209) Cucumber, Tomato, &amp; Carrot Salad(120) Multigrain Bread(150) Fruited Yogurt(65)</p> <p><b>898 cal; 719mg sodium</b></p>	<p><b>7</b></p> <p>Chicken Cacciatore over Angel Hair Pasta(233) California Veggies(30) Ciabatta Bread(140) Cherry Cheesecake(125)</p> <p><b>772 cal; 703mg sodium</b></p>
<p><b>10</b></p> <p>Salisbury Steak(410) Egg Noodles(15) Spinach(10) Whole Grain Bread(150) Chocolate Pudding(180)</p> <p><b>809 cal; 940mg sodium</b></p>	<p><b>11</b></p> <p>Turkey Pot Pie with Peas, Carrots, &amp; Pearl Onions(320) Buttermilk Biscuit(270) Pears(5)</p> <p><b>824 cal; 770mg sodium</b></p>	<p><b>12</b></p> <p>Honey Bourbon Pork Tenderloin Tips(240) Rice Pilaf(132) California Veggies(30) Wheat Bread(115) Cut Fresh Melon(8)</p> <p><b>733 cal; 700mg sodium</b></p>	<p><b>13</b></p> <p><b>Happy Valentine's Day!</b> Chicken Parmigiana over Linguini(715)* Tuscan Veggies(15) Parm. Breadstick(115) Valentine's Cake(130)</p> <p><b>882 cal; 1150mg sodium</b></p>	<p><b>14</b></p> <p>Meat Loaf with Demi-Glace(336) Whipped Potatoes(20) Peas(6) Whole Grain Bread(150) Mixed Fruit(10)</p> <p><b>802 cal; 697mg sodium</b></p>
<p><b>SITES CLOSED 17</b></p>	<p><b>18</b></p> <p>Stuffed Shells with Marinara Sauce(277) Capri Veggies(30) Garlic Bread(150) Peaches(5)</p> <p><b>660 cal; 637mg sodium</b></p>	<p><b>19</b></p> <p>Chicken Marsala(180) Farfalle Pasta(15) Tuscan Veggies(15) Whole Grain Bread(150) Yellow Cake(370)</p> <p><b>830 cal; 905mg sodium</b></p>	<p><b>20</b></p> <p>Meatballs Marinara(370) Tri-Color Rotini(15) Green Beans(23) Raisin Bread Pudding with Rum Sauce(185)</p> <p><b>736 cal; 768mg sodium</b></p>	<p><b>21</b></p> <p>Crab Cakes with Tartar Sauce(410) Oven Fries(220) Capri Veggies(30) Multigrain Bread(150) Fresh Banana(0)</p> <p><b>720 cal; 985mg sodium</b></p>
<p><b>24</b></p> <p>Chicken &amp; Tri-Color Tortellini in Pesto Cream Sauce(510)* Asparagus Tips(0) Wheat Roll(210) Peaches(5)</p> <p><b>626 cal; 900mg sodium</b></p>	<p><b>25</b></p> <p>Yankee Pot Roast(480) Whipped Potatoes(20) Prince Edward Island Veggies(38) Multigrain Bread(150) Fresh Apple(0)</p> <p><b>878 cal; 863mg sodium</b></p>	<p><b>26</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>27</b></p> <p>Sweet &amp; Sour Chicken(175) Lo-Mein Noodles(150) Stir Fry Veggies(30) Wheat Bread(115) Mandarin Oranges(10)</p> <p><b>733 cal; 655mg sodium</b></p>	<p><b>28</b></p> <p>Atlantic Salmon with Dill Beurre Blanc(200) Lyonnais Potatoes(180) Tuscan Veggies(15) Whole Grain Bread(150) Carrot Cake(210)</p> <p><b>738 cal; 930mg sodium</b></p>
<p><b>NUTRITION INFO: Total calories (cals) &amp; sodium are for the ENTIRE meal, including margarine &amp; milk. Each item is followed by mg of sodium in parentheses. Add 45mg for margarine; add 130mg for milk.</b></p>				