

ELDER NUTRITION PROGRAM

Dukes County

MARCH 2025

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

Telephone:

Office: 508-693-4393

Tisbury: 508-774-8618

Up Island: 693-2896



Elder Services

of Cape Cod and the Islands



Menu subject to change without notice.

Oak Bluffs: No senior dining at this time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Orange Ginger Chicken(360) Brown Rice(25) Asian Veggies(20) Wheat Bread(115) Mixed Fruit(8) 815 cal; 703mg sodium	4 BBQ Pulled Pork(290) on Soft Sandwich Roll(330) Hash Brown Potato Cakes(125) California Veggies(30) Fresh Apple(0) 872 cal; 950mg sodium	5 London Broil with Mushroom Demi Glace & Farfalle Pasta(335) Prince Edward Veg(38) Whole Grain Bread(150) Peaches(5) 723 cal; 703mg sodium	6 Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Wheat Bread(115) Cinnamon Streusel (135) Blueberry Cake 880 cal; 898mg sodium	7 Spinach, Tomato, & Cheddar Quiche(214) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Carrot Cake(210) 897 cal; 869mg sodium	
10 Veggie Lasagna(575)* Haricot Verts(5) Focaccia Bread(120) Pears(5) 668 cal; 880mg sodium	11 Beef Stroganoff(320) Egg Noodles(15) Asparagus Tips(10) Multi-Grain Bread(150) Mixed Fruit(8) 796 cal; 678mg sodium	12 Roast Turkey with Gravy & Cranberry Sauce(417) Roast Root Veggies(101) Capri Veggies(30) Clover Leaf Roll(180) Fresh Orange(0) 612 cal; 903mg sodium	13 Angus Steak w/Bourbon Mushroom Sauce(388) Baked Potato Half(210) Capri Veggies(30) Ciabatta Bread(120) Fruited Yogurt(60) 859 cal; 983mg sodium	14 Herb Crusted Tilapia(135) Mashed Potato(20) Squash & Zucchini(15) Whole Grain Bread(150) Tapioca Pudding(180) 830 cal; 675mg sodium	
Erin Go Bragh! 17 High Sodium Meal Corned Beef Brisket & Cabbage(430) Parsley Potatoes(18) Baby Carrots(45) Irish Soda Bread(163) Shamrock Cake(370) 843 cal; 1201mg sodium	18 Honey Garlic Chicken(180) Rice Noodles(10) Broccoli(25) Marble Rye Bread(190) Fresh Apple(0) 726 cal; 580mg sodium	19 Center Cut Pork Loin(390) Mashed Potato(20) Butternut Squash(10) Raisin Bread(125) Butterscotch Pudding(190) 825 cal; 910mg sodium	20 Sesame Thai Chicken with Asian Noodles(215) Stir Fry Veggies(20) Eggroll&Sweet Sauce(125) Multi-Grain Bread(150) Mandarin & Pineapple(8) 705 cal; 693mg sodium	21 Stuffed Shells with Alfredo Sauce(356) Tuscan Veggies(20) Wheat Roll(115) Fresh Grapes(3) 723 cal; 669mg sodium	
24 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Chocolate Pudding(190) 730 cal; 849mg sodium	25 Ham & Swiss Cheese with Mustard(590)* on Croissant(180) Sweet Pot. Nuggets(44) Broccoli(25) Fresh Fruit Cup(10) 884 cal; 1024mg sodium	26 General Tso's Chicken(175) Lo Mein Noodles(150) Asian Veggies(20) Wheat Bread(115) Mandarin Oranges(10) 733 cal; 645mg sodium	27 Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(145) 736 cal; 925mg sodium	28 Salmon with Lemon-Dill Cream Sauce(180) Rice Pilaf(325) Tuscan Veggies(20) Multi-Grain Roll(150) Pears(5) 733 cal; 855mg sodium	
31 Crab Cakes with Tartar Sauce(370) Oven Fries(220) Capri Veggies(30) Multi-Grain Bread(150) Fresh Banana(0) 720 cal; 945mg sodium	<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 & have them with another meal or snack.</i>				<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>

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.