

ELDER NUTRITION PROGRAM

Dukes County

APRIL 2025

Telephone:

Office: 508-693-4393

Tisbury: 508-744-8618

Up Island: 508-693-2896

Oak Bluffs: Not serving at this time



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00 <i>*indicates item w/ more than 500mg sodium.</i>	1 Honey Bourbon Chicken(180) Brown Rice(0) Asian Veggies(20) Raisin Bread(125) Fresh Fruit Cup(10)	2 Ham & Swiss Cheese with Mustard(590)* on Croissant(180) Sweet Potato(44) Broccoli(25) Pineapple(0)	3 Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multigrain Bread(150) Mixed Fruit(8)	4 Atlantic Salmon with Pineapple-Mango Salsa(35) Lyonnaise Potato(250) Tuscan Veggies(20) Whole Grain Bread(150) Apple Strudel(195)
	710 cal; 510mg sodium	889 cal; 1014mg sodium	993 cal; 871mg sodium	738 cal; 825mg sodium
7 Chicken Pot Pie with Peas, Carrots, & Pearl Onions(320) Mixed Fruit(8) Buttermilk Biscuit(290) Chocolate Cake(130)	8 Beef Burgundy(325) Potato Wedges(20) Haricots Verts(5) Whole Grain Bread(150) Peaches(5)	9 Tuscan Chicken with Sundried Tomato, Pesto Cream, Mozzarella, & Basil over Fusilli(387) Tuscan Veggies(20) Multigrain Bread(150) Fresh Orange(0)	10 Cheddar Quiche with Tomato, Squash, & Zucchini(104) Mixed Green Salad with Dressing(280) Coffee Cake(125) Pears(5)	High Sodium Meal 11 Battered Codfish with Tartar Sauce & Lemon(650)* Potato Cakes(125) Cole Slaw(300) Whole Grain Bread(150) Yogurt(60)
824 cal; 923mg sodium	898 cal; 680mg sodium	694 cal; 732mg sodium	626 cal; 689mg sodium	875 cal; 1460mg sodium
14 Orange Ginger Chicken(360) Brown Rice(25) Asian Veggies(20) Raisin Bread(125) Mixed Fruit(8)	15 Teriyaki Beef Tips(375) Rice Noodles(10) Chickpea & Edamame Salad(19) Whole Wheat Roll(187) Poundcake(215)	16 Meatloaf with Demi Glace(336) Whipped Potato(20) Carrots(43) Whole Grain Bread(150) Pears(5)	17 Center Cut Pork Loin with Apple Raisin Demi(390) Rice Pilaf(120) Broccoli(25) Marble Rye Bread(110) Fresh Apple(0)	18 Garlic Herb Tilapia(35) Lyonnaise Potatoes(250) Tuscan Veg(20) Whole Grain Bread(150) Cherry Cheesecake(125)
710 cal; 713mg sodium	815 cal; 981mg sodium	802 cal; 729mg sodium	733 cal; 820mg sodium	748 cal; 755mg sodium
SITES CLOSED 21 	22 Veggie Lasagna(480) Capri Veggies(30) Multigrain Bread(150) Fresh Banana(0)	23 Chicken Coq Au Vin(273) Rice(0) Zucchini & Squash(5) Parker House Roll(115) Mixed Fruit(8)	24 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)	25 Butternut Squash Ravioli with Fresh Basil(200) & Grilled Chicken(180) Spinach(45) Herb Breadstick(180) Peaches(5)
PATRIOT'S DAY	768 cal; 835mg sodium	654 cal; 576mg sodium	730 cal; 849mg sodium	665 cal; 785mg sodium
28 Chicken with Tri-Color Tortellini in Pesto Cream Sauce(510)* Asparagus Tips(5) Wheat Roll(210) Peaches(5)	29 Roast Turkey Breast with Gravy(398) Sweet Potato Nuggets(230) Peas(6) Wheat Bread(115) Chocolate Mousse(50)	30 Salisbury Steak(410) Half Baked Potato(17) Asparagus Tips(5) Rosemary Focaccia(140) Tapioca Pudding(180)	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.	
626 cal; 905mg sodium	760 cal; 974mg sodium	809 cal; 927mg sodium		

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.