

ELDER NUTRITION PROGRAM

Dukes County

MAY 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
<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 & have them with another meal or snack.</i></p>	<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>1</p> <p>Orange Ginger Chicken(360) Lo-Mein Noodles(150) Asian Veg(20) Wheat Bread(115) Chocolate Brownie(205)</p> <p>733 cal; 1025mg sodium</p>	<p>2</p> <p>Crab Cakes with Tartar Sauce(410) Wedge Potatoes(220) Mixed Veg(30) Multi-Grain Bread(150) Pears(5)</p> <p>738 cal; 990mg sodium</p>
<p>5</p> <p>Teriyaki Beef(385) Hawaiian Rice(10) Stir-Fry Veg(20) Whole Wheat Roll(187) Yellow Cake(215)</p> <p>815 cal; 992mg sodium</p>	<p>6</p> <p>Rotisserie Style Chicken(336) Whipped Potato(20) Carrots(43) Whole Grain Bread(150) Pears(5)</p> <p>802 cal; 729mg sodium</p>	<p>7</p> <p>Veggie & Cheddar Quiche(204) Cucumber, Tomato, & Carrot Salad(120) Rosemary Focaccia(150) Fruited Yogurt(65)</p> <p>898 cal; 714mg sodium</p>	<p>COLD PLATE 8</p> <p>Shrimp & Orzo Salad with Kalamata, Sundried Tomato & Veg over Mesclun Greens(287) Dinner Roll(150) Fresh Grapes(2)</p> <p>694 cal; 614mg sodium</p>	<p>9</p> <p>Stuffed Shells with Marinara(277) Capri Veg(30) Garlic Bread(150) Peaches(5)</p> <p>660 cal; 637mg sodium</p>
<p>12</p> <p>Chicken Chablis(185) Rice Pilaf(132) Haricot Verts(5) Parker House Roll(115) Mixed Fruit(8)</p> <p>654 cal; 620mg sodium</p>	<p>13</p> <p>Meatballs Marinara over Linguini(395) Tuscan Veg(20) 9-Grain Bread(190) Mandarin Oranges(5)</p> <p>736 cal; 785mg sodium</p>	<p>14</p> <p>Roast Turkey Breast with Gravy(388) Sweet Pot. Wedges(200) Peas(6) Wheat Bread(115) Cherry Cheesecake(50)</p> <p>865 cal; 934mg sodium</p>	<p>15</p> <p>BBQ Pulled Pork(290) Potato Wedges(85) Black Bean & Corn Salad(80) Chef Roll(210) Peaches(5)</p> <p>735 cal; 845mg sodium</p>	<p>16</p> <p>Chicken Marsala with Farfalle Pasta(195) Tuscan Veg(20) Multi-Grain Bread(150) Chocolate Pudding(230)</p> <p>694 cal; 770mg sodium</p>
<p>19</p> <p>Honey Garlic Chicken(135) Brown Rice(25) Asian Veg(20) Raisin Bread(125) Fresh Banana(0)</p> <p>710 cal; 480mg sodium</p>	<p>20</p> <p>Atlantic Salmon with Dill Cream Sauce(170) Lyonnais Potato(240) Capri Veg(30) Whole Grain Bread(150) Peaches(5)</p> <p>648 cal; 770mg sodium</p>	<p>21</p> <p>Penne alla Bolognese(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190)</p> <p>730 cal; 849mg sodium</p>	<p>22</p> <p>Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multi-Grain Bread(150) Pears(5)</p> <p>878 cal; 868mg sodium</p>	<p>COLD PLATE 23</p> <p>Gourmet Chicken Salad over Greens with Grape Tomatoes(131) Red Bliss Pot. Salad(80) Whole Grain Bread(150) Apple Turnover(210)</p> <p>820 cal; 746mg sodium</p>
<p>SITES CLOSED 26</p>	<p>27</p> <p>Chicken Fettucine Alfredo(388) Capri Veggies(30) Italian Breadstick(125) Peaches(5)</p> <p>873 cal; 723mg sodium</p>	<p>COLD PLATE 28</p> <p>Turkey & Cranberry Salad over Greens(65) Veggie Pasta Salad(280) Naan Flat Bread(124) Fresh Fruit Cup(10)</p> <p>626 cal; 654mg sodium</p>	<p>29</p> <p>Beef Soft Taco(455) with Cheddar & Jack Cheese, Lettuce, & Pico De Gallo Turmeric Rice(15) Black Beans(260) Fresh Apple(0)</p> <p>895 cal; 905mg sodium</p>	<p>30</p> <p>Breaded Pork Chop with Apple Demi(390) Roast Red Potato(150) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(8)</p> <p>855 cal; 858mg sodium</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.