

# ELDER NUTRITION PROGRAM

Dukes County

JUNE 2025

Telephone:

Office: 508-693-4393

Tisbury: 508-744-8618

Up Island: 508-693-2896

Oak Bluffs: Not Serving



# 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
2 Veggie Lasagna(440) Capri Veg(30) Rosemary Focaccia Bread(140) Pears(4)	3 Rst Turkey w/Gravy(330) Wedge Potatoes(161) Tuscan Veg(20) Multi-Grain Roll(125) Fresh Cut Watermelon & Strawberries(0)	4 Rotisserie Style Chicken(336) Parsley Potato(90) Broccoli(25) Whole Wheat Roll(187) Butterscotch Pudding(190)	5 Beef Stroganoff(568)* Rice(0) California Veg(30) Wheat Bread(115) Peaches(5)	<b>COLD PLATE 6</b> Gourmet Chicken Salad with Grapes over Mixed Greens(110) Red Bliss Potato Salad(170) Whole Grain Bread(150) Apple Strudel(140)
668 cal; 789mg sodium	828 cal; 811mg sodium	914 cal; 1003mg sodium	798 cal; 893mg sodium	725 cal; 745mg sodium
9 Chicken Cacciatore with Angel Hair Pasta(233) Prince Edward Veg(15) Wheat Bread(115) Grapenut Custard(140)	10 Cheddar Quiche with Veggies(104) Mixed Green Salad with Dressing(280) 9-Grain Bread(150) Carrot Cake(280)	<b>COLD PLATE 11</b> Albacore Tuna Salad w/ Mesclun Greens(330) Edamame Salad(320) Salad Roll(110) Fresh Banana(10)	12 Meatloaf with Gravy(336) Mashed Potato(25) Green Peas(6) Wheat Bread(115) Mixed Fruit(5)	13 Teriyaki Chicken with Stir-Fry Veg(560)* White Rice(0) Whole Grain Bread(150) Pineapple(0)
785 cal; 678mg sodium	782 cal; 989mg sodium	728 cal; 945mg sodium	802 cal; 662mg sodium	738 cal; 885mg sodium
16 Honey Garlic Chicken(115) Rice(0) Edamame(15) Wheat Bread(115) Cheesecake(380)	17 Yankee Pot Roast(480) Mashed Potato(25) Spinach(79) Multi-Grain Bread(150) Fresh Fruit Salad(10)	18 Spaghetti with Meat Sauce(311) Tuscan Veg(20) Garlic Bread(150) Chocolate Pudding(190)	19 <b>HOLIDAY NO MEALS SERVED</b> 	20 Ham & Swiss Cheese with Mustard(590)* on Croissant(180) Sweet Potato(44) Broccoli(25) Pineapple(0)
738 cal; 800mg sodium	981 cal; 919mg sodium	826 cal; 846mg sodium		889 cal; 1014mg sodium
23 Stuffed Shells with Marinara(450) Capri Veg(30) Garlic Bread(150) Fresh Apple(2)	24 Orange Ginger Chicken(210) Brown Rice(0) Asian Veg(10) Wheat Bread(115) Pears(4)	25 Pork Tenderloin(341) Rosemary Red Potato(70) Butternut Squash(10) Multi-Grain Roll(125) Chocolate Cake(215)	<b>COLD PLATE 26</b> Cobb Salad with Chicken, Egg,Avocado,Blue Cheese, & Tomato on Greens(113) Veggie Pasta Salad(280) Wheat Pita Bread(150) Tapioca Pudding(180)	27 Atlantic Bourbon Glazed Salmon(103) Lyonnais Potato(250) Tuscan Veg(20) Multi-Grain Bread(150) Mandarin Oranges(10)
658 cal; 807mg sodium	710 cal; 514mg sodium	878 cal; 936mg sodium	950 cal; 898mg sodium	746 cal; 708mg sodium
30 Chicken Tortellini Alfredo w/Sundried Tomato(584)* Asparagus Tips(0) Parker House Roll(210) Peaches(5)	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</u>  *indicates item w/ more than 500mg 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 &amp; have them with another meal or snack.</i>		
789 cal; 974mg 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.