

ELDER NUTRITION PROGRAM**Dukes County****JULY 2025**

Telephone:

Office: 508-693-4393

Tisbury: 508-744-8618

Up Island: 693-2896



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

Menu subject to change without notice.**Oak Bluffs: Not Serving**

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 Beef Burgundy(325) Rice(0) Haricot Verts(5) Whole Grain Roll(207) Pineapple(0)	2 Salmon with Lemon & Dill Cream Sauce(193) Parsley Potatoes(90) Tuscan Veggies(20) Wheat Bread(115) Peaches(5)	High Sodium Meal 3 COLD PLATE Lobster Salad over Local Greens(620)* Potato Salad(340) Diced Watermelon(0) Top Sliced Roll(160) Apple Turnover(220)	4 SITES CLOSED Happy Fourth of July! 
	898 cals; 712mg sodium	643 cals; 598mg sodium	866 cals; 1515mg sodium	
7 Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Ciabatta Bread(140) Cherry Cheesecake(50)	8 Roast Beef Au Jus(470) Twice Baked Potato(120) Asparagus Tips(0) Clover Leaf Roll(210) Peaches(5)	COLD PLATE 9 Turkey & Provolone(215) on Sprouted Bread(220) Potato Salad(340) Edamame Salad with corn,craisins,&beans(0) Fresh Baked Cookie(125)	10 Sweet & Sour Chicken(225) Rice(0) Broccoli(25) Whole Grain Bread(110) Fresh Apple(0)	11 Meatloaf with Demi Glace(336) Whipped Potato(25) Peas(6) Wheat Bread(115) Pears(4)
772 cals; 618mg sodium	915 cals; 980mg sodium	698 cals; 1075mg sodium	733 cals; 535mg sodium	852 cals; 661mg sodium
14 Yankee Pot Roast(480) Whipped Potato(25) Spinach(84) Multigrain Bread(150) Peaches(5)	COLD PLATE 15 Cheddar Quiche with Tomato/Squash/Zucchini(104) Mixed Green Salad with LS Italian Dressing(120) Wheat Bread(115) Blueberry Streusel Cake(280)	16 Beef Stir Fry(790)* Rice Noodles(0) Asian Veggies(19) Whole Grain Roll(207) Pineapple(0)	17 Chicken Parmesan with Orzo(520)* California Veggies(30) Multigrain Bread(150) Mandarin Oranges(10)	18 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Tapioca Pudding(230)
981 cals; 919mg sodium	878 cals; 794mg sodium	825 cals; 1191mg sodium	824 cals; 885mg sodium	730 cals; 889mg sodium
21 Herb Roast Pork Loin w/ Apple Demi-Glace(341) Roast Red Potatoes(70) Butternut Squash(10) Multigrain Bread(150) Fresh Orange(0)	22 Honey Bourbon Grilled Chicken(364) Hawaiian Rice(15) Stir Fry Veggies(20) Multigrain Bread(150) Chocolate Brownie(205)	23 Angus Steak in A-1 Mushroom Demi(512)* Wedge Potatoes(161) Tuscan Veggies(20) Multigrain Roll(125) Pineapple(0)	COLD PLATE 24 Chicken Salad over Greens(209) Pasta&Veggie Salad(215) Grape Bunch(0) Wheat Pita Bread(150) Fruited Yogurt(65)	High Sodium Meal 25 Beer Battered Codfish with Tartar Sauce(650)* Potato Cakes(220) Citrus Coleslaw(230) Multigrain Bread(150) Pears(4)
732 cals; 746mg sodium	884 cals; 929mg sodium	965 cals; 993mg sodium	724 cals; 814mg sodium	738 cals; 1429mg sodium
28 Center Cut Pork Loin with Apple Demi(315) Roasted Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10)	COLD PLATE 29 Angus Beef Salad(167) w/Mesclun Greens&Tomato Mandarin & Orzo Salad with Fresh Grapes(32) Salad Roll(210) Butterscotch Pudding(180)	30 Orange Ginger Chicken(210) Asian Noodles(5) Diced Carrots(43) Wheat Bread(115) Fresh Banana(10)	31 Quiche Lorraine(304) Cucumber, Tomato, & Carrot Salad with Vinaigrette(220) Rosemary Focaccia(150) Fruited Yogurt(65)	<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>
855 cals; 705mg sodium	777 cals; 764mg sodium	733 cals; 558mg sodium	898 cals; 914mg 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.