

ELDER NUTRITION PROGRAM

Dukes County

AUGUST 2025

Telephone:

Office: 508-693-4393

Tisbury:508-744-8618

Up Island: 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
<u>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$11.00</u> <i>*indicates item w/ more than 500mg sodium.</i>	<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>		<i>Cold Plate</i> Chicken Sao Pico Salad with Carrots/Peas/Raisins over Greens(96) Red Bliss Pot. Salad(340) Whole Grain Bread(150) Apple Strudel(190) 870 cal; 951mg sodium	<i>Cold Plate</i> Chicken Sao Pico Salad with Carrots/Peas/Raisins over Greens(96) Red Bliss Pot. Salad(340) Whole Grain Bread(150) Apple Strudel(190) 870 cal; 951mg sodium
4 BBQ Pulled Pork(235) Wedge Potatoes(85) Black Bean & Corn Salad(80) Chef Roll(210) Peaches(5) 735 cal; 790mg sodium	5 Chicken Coq au Vin(175) Parsley Boiled Potato(25) Carrots(43) Whole Grain Bread(150) Yellow Cake(210) 802 cal; 778mg sodium	6 Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(6) Whole Grain Bread(150) Pears(4) 802 cal; 696mg sodium	7 <i>Cold Plate</i> Chicken Salad on Greens with Apple & Craisins(65) Veggie Pasta Salad with Carrot/Peppers/Olives(280) Naan Flat Bread(124) Fresh Fruit Cup(10) 626 cal; 654mg sodium	8 Penna alla Bolognese(311) Green Beans(23) Multi-Grain Bread(150) Tapioca Pudding(230) 730 cal; 889mg sodium
11 Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0) 878 cal; 868mg sodium	12 Thai Angus Steak(275) Jasmine Rice(0) Chick Peas & Edamame(19) Wheat Roll(187) Pineapple(0) 815 cal; 656mg sodium	13 Rotisserie Chicken(185) Rice Pilaf(132) Haricot Verts(5) Multi-Grain Roll(207) Chocolate Cake(329) 987 cal; 1033mg sodium	14 <i>Cold Plate</i> Tuna Niçoise Salad with Grape Tomato/HB Egg/Red Potato/Haricot Verts over Mesclun Greens(387) Dinner Roll(150) Melon & Berry Salad(10) 694 cal; 722mg sodium	15 Chicken Breast & Tri-Color Tortellini with Pesto Cream Sauce(390) Tuscan Veg(20) Garlic Bread(150) Butterscotch Pudding(190) 694 cal; 925mg sodium
18 Stuffed Shells with Basil Cream Sauce(277) Capri Veg(30) Garlic Bread(150) Peaches(5) 660 cal; 637mg sodium	19 Pineapple Grilled Chicken Teriyaki(387) Rice Noodles(15) Stir-Fry Veg(20) Multi-Grain Bread(150) Fresh Orange(0) 694 cal; 747mg sodium	20 Teriyaki Beef Tips(385) Hawaiian Rice(0) Asian Veg(20) Whole Wheat Roll(115) Mandarin Oranges(5) 798 cal; 700mg sodium	21 Roast Turkey Breast with Gravy(388) Sweet Pot. Wedges(200) Peas(6) Wheat Bread(115) Cherry Cheesecake(50) 860 cal; 934mg sodium	22 Salmon with Lemon-Dill Cream Sauce(135) Lyonnais Potato(250) California Veg(30) Whole Grain Bread(150) Pears(4) 602 cal; 744mg sodium
25 Orange Ginger Chicken(175) Lo-Mein Noodles(150) Asian Veg(20) Wheat Bread(115) Chocolate Pudding(190) 836 cal; 825mg sodium	26 Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(0) 889 cal; 1019mg sodium	27 Center Cut Pork Loin with Apple Demi(315) Roasted Red Potato(70) Butternut Squash(10) Raisin Bread(125) Banana (10) 855 cal; 705mg sodium	28 Beef Stroganoff(520) Rice(0) California Veg(30) Whole Wheat Roll(115) Peaches(5) 798 cal; 845mg sodium	29 Veggie Lasagna(480) Spinach(50) Ciabatta Bread(160) Spice Cake (210) 883 cal; 1075mg 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.