

ELDER NUTRITION PROGRAM

Dukes County

SEPTEMBER 2025

Telephone:

Office: 508-693-4393

Tisbury: 508-744-8618

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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.

Oak Bluffs: Not Serving

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SITES CLOSED! 1 LABOR DAY	2 Roast Pork Loin with Apple Demi(287) Roast Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10) 855 cals; 677mg sodium	3 Veggie & Cheddar Quiche(209) Cuke/Tomato/Carrot Salad with Italian Dressing(115) Clover Leaf Roll(200) Fruited Yogurt(65) 898 cals; 764mg sodium	Cold Plate 4 Chicken Salad over Greens(65) Veggie Pasta Salad(280) Naan Bread(124) Fresh Fruit Cup(10) 626 cals; 654mg sodium	5 Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(6) Whole Grain Bread(150) Chocolate Brownie(125) 962 cals; 817mg sodium
8 Orange Ginger Chicken(175) Rice Noodles(150) Asian Veggies(20) Wheat Bread(115) Mandarin/Pineapple(5) 733 cals; 640mg sodium	9 Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0) 878 cals; 868mg sodium	10 Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(0) 889 cals; 1019mg sodium	11 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Tapioca Pudding(190) 730 cals; 849mg sodium	12 Garlic & Herb Tilapia(35) Lyonnaise Potato(250) Tuscan Veggies(20) Whole Grain Bread(150) Carrot Cake(210) 738 cals; 840mg sodium
15 Salisbury Steak(410) Egg Noodles(15) Spinach(50) Rosemary Focaccia(140) Chocolate Pudding(180) 809 cals; 970mg sodium	16 Stuffed Shells w/Sundry Basil Cream Sauce(277) Capri Veggies(30) Garlic Bread(150) Peaches(5) 760 cals; 637mg sodium	17 Honey Garlic Grilled Chicken(185) Rice Pilaf(232) Prince Edward Veg(38) Wheat Bread(115) Mixed Fruit(10) 720 cals; 755mg sodium	18 Roast Turkey Breast with Gravy(326) Sweet Pot. Wedges(200) Peas(6) Whole Grain Bread(150) Fresh Banana(0) 828 cals; 857mg sodium	19 Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(140) 736 cals; 920mg sodium
22 Honey Bourbon Sirloin(570)* Jasmine Rice(10) Edamame Salad(19) Clover Leaf Roll(200) Fresh Orange(0) 737 cals; 974mg sodium	23 Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Ciabatta Bread(140) Cherry Cheesecake(50) 772 cals; 618mg sodium	24 Beef Stroganoff(445) Rice(0) California Veggies(30) Whole Wheat Roll(115) Chocolate Cake(285) 1038 cals; 1050mg sodium	25 Chicken Parmesan over Linguini(520)* Tuscan Veggies(20) Multi-Grain Bread(150) Peaches(5) 824 cals; 870mg sodium	26 Salmon in Lemon Dill Sauce(172) Parsley Mash. Potato(25) Citrus Craisin Slaw(30) Multi-Grain Bread(150) Pears(4) 722 cals; 556mg sodium
29 Chicken Marsala(175) Parsley Potato(25) Carrots(43) Whole Grain Bread(150) Yellow Cake(210) 802 cals; 778mg sodium	30 Angus Flank Steak with A-1 Mushroom Demi(390) Roast Red Potato(150) Butternut Squash(23) Raisin Bread(125) Mixed Fruit(8) 855 cals; 866mg 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 & have them with another meal or snack.</i>	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>	

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.