

# ELDER NUTRITION PROGRAM

Dukes County

**NOVEMBER 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.**

**Oak Bluffs: Not Serving**

**Menu subject to change without notice.**

| MONDAY                                                                                                                                                                | TUESDAY                                                                                                                                                                             | WEDNESDAY                                                                                                                                                                   | THURSDAY                                                                                                                                                                | FRIDAY                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</u></b></p> <p><i>*indicates item w/ more than 500mg sodium.</i></p> | <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 &amp; have them with another meal or snack.</i></p> |                                                                                                                                                                             |                                                                                                                                                                         |                                                                                                                                                                            |
| <p><b>3</b></p> <p>Yankee Pot Roast(480)<br/>Whipped Potatoes(20)<br/>Prince Edward Veg(38)<br/>Multi-Grain Bread(150)<br/>Fresh Apple(0)</p>                         | <p><b>4</b></p> <p>Veggie &amp; Cheddar Jack Quiche(209)<br/>Cucumber, Tomato, &amp; Carrot Salad(120)<br/>Multi-Grain Bread(150)<br/>Fruited Yogurt(65)</p>                        | <p><b>5</b></p> <p>Dill Crusted Cod in White Wine &amp; Butter(320)<br/>Au Gratin Potatoes(5)<br/>Green Peas(30)<br/>Dinner Roll(150)<br/>Peaches(5)</p>                    | <p><b>6</b></p> <p>Spaghetti with Meat Sauce(311)<br/>Green Beans(23)<br/>Garlic Bread(150)<br/>Butterscotch Pudding(190)</p>                                           | <p><b>7</b></p> <p>Herb Roast Chicken(231)<br/>Roast Sweet Potato(124)<br/>Spinach, Pickled Onion, Craisins, &amp; Pepita(135)<br/>Multi-Grain Bread(150)<br/>Pears(4)</p> |
| <b>878 cal; 858mg sodium</b>                                                                                                                                          | <b>898 cal; 714mg sodium</b>                                                                                                                                                        | <b>660 cal; 680mg sodium</b>                                                                                                                                                | <b>730 cal; 844mg sodium</b>                                                                                                                                            | <b>794 cal; 814mg sodium</b>                                                                                                                                               |
| <p><b>10</b></p> <p>Honey Bourbon Chicken(318)<br/>Brown Rice(15)<br/>Stir Fry Veggies(30)<br/>Multi-Grain Bread(150)<br/>Peaches(5)</p>                              | <p><b>Sites Are Closed 11</b></p>                                                                                                                                                   | <p><b>12</b></p> <p>Swedish Meatballs(410)<br/>Egg Noodles(15)<br/>Prince Edward Veg(38)<br/>Rosemary Focaccia(150)<br/>Chocolate Pudding(180)</p>                          | <p><b>13</b></p> <p>Atlantic Salmon with Dill Beurre Blanc(200)<br/>Lyonnais Potatoes(180)<br/>Tuscan Veggies(15)<br/>Whole Grain Bread(150)<br/>Carrot Cake(210)</p>   | <p><b>14</b></p> <p>Teriyaki Beef Stir-fry(775)<br/>Rice Noodles(10)<br/>Chick Pea &amp; Edamame Salad(39)<br/>Whole Wheat Roll(150)<br/>Fresh Pineapple(10)</p>           |
| <b>745 cal; 688mg sodium</b>                                                                                                                                          |                                                                                                                                                                                     | <b>809 cal; 963mg sodium</b>                                                                                                                                                | <b>738 cal; 925mg sodium</b>                                                                                                                                            | <b>684 cal; 1154mg sodium</b>                                                                                                                                              |
| <p><b>17</b></p> <p>Meat Lasagna(450)<br/>Capri Veggies(30)<br/>Peaches(5)<br/>French Bread(115)<br/>Vanilla Custard(140)</p>                                         | <p><b>18</b></p> <p>BBQ Brisket(335)<br/>on Soft Roll(155)<br/>Broccoli Slaw(10)<br/>Potato Pancakes(150)<br/>Applesauce(10)</p>                                                    | <p><b>19</b></p> <p>Chicken Cacciatore over Angel Hair Pasta(233)<br/>Capri Veggies(30)<br/>Multi-Grain Bread(150)<br/>Pears(4)</p>                                         | <p><b>20</b></p> <p>Turkey with Stuffing &amp; Cranberry Sauce(388)<br/>Mashed Potatoes(20)<br/>Butternut Squash(44)<br/>Whole Wheat Roll(150)<br/>Pumpkin Pie(295)</p> | <p><b>21</b></p> <p>Crab Cake with Tartar Sauce(370)<br/>Wedge Potato(220)<br/>Green Peas(30)<br/>Whole Wheat Roll(150)<br/>Fresh Orange(0)</p>                            |
| <b>775 cal; 910mg sodium</b>                                                                                                                                          | <b>855 cal; 830mg sodium</b>                                                                                                                                                        | <b>695 cal; 587mg sodium</b>                                                                                                                                                | <b>873 cal; 1067mg sodium</b>                                                                                                                                           | <b>738 cal; 940mg sodium</b>                                                                                                                                               |
| <p><b>24</b></p> <p>Stir Fry Beef( 615)*<br/>Asian Veggies(20)<br/>Sesame Noodles(10)<br/>Wheat Bread(115)<br/>Mandarin Oranges(5)</p>                                | <p><b>25</b></p> <p>Orange Ginger Chicken(175)<br/>Rice Noodles(150)<br/>Asian Veggies(20)<br/>Wheat Bread(115)<br/>Pineapple(5)</p>                                                | <p><b>26</b></p> <p>Herb Roast Pork Loin w/ Apple Demi-Glace(320)<br/>Roast Red Potatoes(150)<br/>Capri Veggies(30)<br/>Whole Grain Bread(150)<br/>Tapioca Pudding(190)</p> | <p><b>27</b></p> <p><b>Sites are Closed</b></p>                                                                                                                         | <p><b>28</b></p> <p>Meatloaf with Demi-Glace(336)<br/>Whipped Potatoes(20)<br/>Green Peas(30)<br/>Whole Grain Bread(150)<br/>Fresh Banana(0)</p>                           |
| <b>855 cal; 935mg sodium</b>                                                                                                                                          | <b>733 cal; 635mg sodium</b>                                                                                                                                                        | <b>660 cal; 1010mg sodium</b>                                                                                                                                               |                                                                                                                                                                         | <b>802 cal; 706mg sodium</b>                                                                                                                                               |

**NUTRITION INFO:** Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk.  
Each item is followed by mg of sodium. Margarine adds 45mg; Milk adds 125mg sodium.