

ELDER NUTRITION PROGRAM

Dukes County

DECEMBER 2025

Telephone:

Office: 508-693-4393

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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
1 Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0)	2 Chicken Fettucine Alfredo(388) Capri Veggies(30) Breadstick(125) Peaches(5)	3 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Chocolate Mousse(190)	4 Herb Roast Pork Tenderloin Chop(240) Rice Pilaf(220) California Veggies(30) Wheat Bread(115) Mixed Fruit(8)	5 Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Pot. Wedge(44) Broccoli(25) Mixed Fruit(8)
878 cals; 858mg sodium	873 cals; 718mg sodium	730 cals; 844mg sodium	733 cals; 783mg sodium	889 cals; 1022mg sodium
8 Rotisserie Chicken(410) Brown Rice(15) Green Beans(23) Rosemary Focaccia(140) Pears(5)	9 Angus Flank Steak with A-1 Mushroom Demi(318) Mashed Potato(20) California Veggies(30) Multi-Grain Bread(150) Fresh Orange(0)	10 Chicken Cacciatore over Angel Hair Pasta(233) Capri Veggies(30) Ciabatta Bread(140) Chocolate Pudding(180)	11 Roast Turkey w/Gravy & Cranberry Sauce(388) Whipped Potato(20) Baby Carrots(8) Pumpkin Bread Pudding(273)	12 Veggie Lasagna(575)* Tuscan Veggies(15) Whole Wheat Roll(150) Pineapple(5)
809 cals; 763mg sodium	776 cals; 688mg sodium	772 cals; 753mg sodium	873 cals; 859mg sodium	847 cals; 915mg sodium
15 Stuffed Shells with Marinara Sauce(420) Capri Veggies(30) Garlic Bread(150) Peaches(5)	16 Veggie & Cheddar Jack Quiche(209) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Fruited Yogurt(65)	17 Salmon with Lemon Mediterranean Crust(298) Parsley Potato(35) Prince Edward Veg(38) Whole Wheat Roll(150) Peaches(5)	18 Roast Ribeye Au Jus & Horse Radish Sauce(420) Rice Pilaf(220) Broccoli(25) French Bread(110) Frosted Spice Cake(210)	19 Chicken Oscar with Asparagus, Crab Meat & Hollandaise Sauce(436) Roast Red Potato(150) Wheat Bread(115) Fresh Apple(0)
660 cals; 775mg sodium	898 cals; 714mg sodium	660 cals; 696mg sodium	997 cals; 1155mg sodium	816 cals; 871mg sodium
22 Herb Roast Chicken with Apple Stuffing(200) Potato Latkes(180) French Green Beans(15) Whole Grain Bread(150) Carrot Cake(210)	23 Chicken Breast over Tortellini in Pesto Cream Sauce(625)* Tuscan Veggies(15) Garlic Bread(150) Pears(5)	24 Baked Stuffed Sole with Crab Meat(510)* Brown Rice(15) Capri Veggies(30) Whole Grain Bread(150) Holiday Cake(218)	SITES CLOSED! 25 	26 Fish Cakes with Tartar Sauce(470) Wedge Potatoes(220) Green Peas(30) Whole Wheat Roll(150) Fresh Orange(0)
738 cals; 925mg sodium	868 cals; 965mg sodium	828 cals; 1093mg sodium	Happy Holidays!	738 cals; 1040mg sodium
29 Meatloaf with Demi-Glace(336) Whipped Potato(20) Green Peas(30) Whole Grain Bread(150) Fresh Banana(0)	30 General Tso's Chicken(255) Lo-Mein Noodles(150) Stir Fry Veggies(30) Wheat Bread(115) Mandarin Oranges(10)	Happy New Year! 31 Honey Bourbon Steak(458) 1/2 Baked Potato(109) Asparagus(3) Whole Grain Bread(150) Cherry Cheesecake(125)	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.	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00 *indicates item w/ more than 500mg sodium.
733 cals; 730mg sodium	733 cals; 730mg sodium	1052 cals; 1015mg 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 125mg for milk.