

## ELDER NUTRITION PROGRAM

**Dukes County FEBRUARY 2026**

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

**Menu subject to change without notice.**

Telephone:

Office: 508-693-4393

Tisbury: 508-774-8618

Up Island: 693-2896

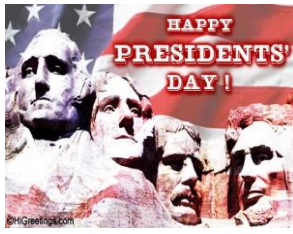
Oak Bluffs: Not Serving



# Elder Services

of Cape Cod and the Islands



| 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> |                                                                                                                                                 |
| 2<br>Grilled Orange Ginger Chicken(360)<br>Rice Noodles(150)<br>Asian Veggies(30)<br>Wheat Bread(115)<br>Mandarin Oranges(10) | 3<br>Center Cut Pork Loin with Apple Demi(390)<br>Roast Red Potato(150)<br>Butternut Squash(10)<br>Raisin Bread(125)<br>Mixed Fruit(10) | 4<br>Beef Burgundy(325)<br>Brown Rice(0)<br>California Veggies(30)<br>Whole Wheat Roll(115)<br>Fresh Orange(0)                                                        | 5<br>Veggie & Cheddar Jack Quiche(209)<br>Cucumber, Tomato, & Carrot Salad(120)<br>Multigrain Bread(150)<br>Fruited Yogurt(65)                                                      | 6<br>Chicken Cacciatore over Angel Hair Pasta(233)<br>California Veggies(30)<br>Ciabatta Bread(140)<br>Cherry Cheesecake(125)                   |
| 807 cals; 840mg sodium                                                                                                        | 855 cals; 860mg sodium                                                                                                                  | 798 cals; 645mg sodium                                                                                                                                                | 898 cals; 719mg sodium                                                                                                                                                              | 772 cals; 703mg sodium                                                                                                                          |
| 9<br>Salisbury Steak(410)<br>Egg Noodles(15)<br>Spinach(10)<br>Whole Grain Bread(150)<br>Chocolate Pudding(180)               | 10<br>Chicken Pot Pie with Peas, Carrots, & Pearl Onions(320)<br>Buttermilk Biscuit(270)<br>Pears(5)                                    | 11<br>Honey Bourbon Pork Tenderloin (240)<br>Rice Pilaf(132)<br>California Veggies(30)<br>Wheat Bread(115)<br>Cut Fresh Melon(8)                                      | 12<br><b>Happy Valentine's Day!</b><br>Chicken Parmigiana over Linguini(715)*<br>Tuscan Veggies(15)<br>Parm. Breadstick(115)<br>Valentine's Cake(130)                               | 13<br>Meat Loaf with Demi-Glace(336)<br>Whipped Potatoes(20)<br>Peas(6)<br>Whole Grain Bread(150)<br>Mixed Fruit(10)                            |
| 809 cals; 940mg sodium                                                                                                        | 824 cals; 770mg sodium                                                                                                                  | 733 cals; 700mg sodium                                                                                                                                                | 882 cals; 1150mg sodium                                                                                                                                                             | 802 cals; 697mg sodium                                                                                                                          |
| 16<br><b>SITES CLOSED</b><br>               | 17<br>Stuffed Shells with Marinara Sauce(277)<br>Capri Veggies(30)<br>Garlic Bread(150)<br>Peaches(5)                                   | 18<br>Chicken with(190)<br>Sundried Tomato & Artichoke Farfalle Pasta(15)<br>Tuscan Veggies(15)<br>Whole Grain Bread(150)<br>Yellow Cake(370)                         | 19<br>Meatballs Marinara(370)<br>Tri-Color Rotini(15)<br>Green Beans(23)<br>Raisin Bread Pudding with Rum Sauce(185)                                                                | 20<br>Crab Cakes with Tartar Sauce(410)<br>Oven Fries(220)<br>Capri Veggies(30)<br>Multigrain Bread(150)<br>Fresh Banana(0)                     |
|                                                                                                                               | 660 cals; 637mg sodium                                                                                                                  | 835 cals; 921mg sodium                                                                                                                                                | 736 cals; 768mg sodium                                                                                                                                                              | 720 cals; 985mg sodium                                                                                                                          |
| 23<br>Chicken & Tri-Color Tortellini in Pesto Cream Sauce(510)*<br>Asparagus Tips(0)<br>Wheat Roll(210)<br>Peaches(5)         | 24<br>Yankee Pot Roast(480)<br>Whipped Potatoes(20)<br>Prince Edward Island Veggies(38)<br>Multigrain Bread(150)<br>Fresh Apple(0)      | 25<br>Spaghetti with Meat Sauce(311)<br>Green Beans(23)<br>Garlic Bread(150)<br>Butterscotch Pudding(190)                                                             | 26<br>Sweet & Sour Chicken(175)<br>Lo-Mein Noodles(150)<br>Stir Fry Veggies(30)<br>Wheat Bread(115)<br>Mandarin Oranges(10)                                                         | 27<br>Atlantic Salmon with Dill Beurre Blanc(200)<br>Lyonnais Potatoes(180)<br>Tuscan Veggies(15)<br>Whole Grain Bread(150)<br>Carrot Cake(210) |
| 626 cals; 900mg sodium                                                                                                        | 878 cals; 863mg sodium                                                                                                                  | 730 cals; 849mg sodium                                                                                                                                                | 733 cals; 655mg sodium                                                                                                                                                              | 738 cals; 930mg 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.