

ELDER NUTRITION PROGRAM

Dukes County

MARCH 2026

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



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

Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Orange Ginger Chicken(360) Brown Rice(25) Asian Veggies(20) Wheat Bread(115) Mixed Fruit(8)</p>	<p>3</p> <p>BBQ Pulled Pork(290) on Soft Sandwich Roll(330) Hash Brown Potato Cakes(125) California Veggies(30) Fresh Apple(0)</p>	<p>4</p> <p>London Broil with Mushroom Demi Glace & Farfalle Pasta(335) Prince Edward Veg(38) Whole Grain Bread(150) Peaches(5)</p>	<p>5</p> <p>Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Wheat Bread(115) Cinnamon Streusel Blueberry Cake(270)</p>	<p>6</p> <p>Spinach, Tomato, & Cheddar Quiche(214) Cucumber, Tomato, & Carrot Salad(120) Multi-Grain Bread(150) Carrot Cake(210)</p>
815 cals; 703mg sodium	872 cals; 950mg sodium	723 cals; 703mg sodium	880 cals; 813mg sodium	897 cals; 869mg sodium
<p>9</p> <p>Veggie Lasagna(575)* Haricot Verts(5) Focaccia Bread(120) Pears(5)</p>	<p>10</p> <p>Beef Stroganoff(320) Egg Noodles(15) Asparagus Tips(10) Multi-Grain Bread(150) Mixed Fruit(8)</p>	<p>11</p> <p>Roast Turkey with Gravy & Cranberry Sauce(417) Roast Root Veggies(101) Capri Veggies(30) Clover Leaf Roll(180) Fresh Orange(0)</p>	<p>12</p> <p>Angus Steak w/Bourbon Mushroom Sauce(388) Baked Potato Half(210) Capri Veggies(30) Ciabatta Bread(120) Fruited Yogurt(60)</p>	<p>13</p> <p>Herb Crusted Tilapia(135) Mashed Potato(20) Squash & Zucchini(15) Whole Grain Bread(150) Tapioca Pudding(180)</p>
668 cals; 880mg sodium	796 cals; 678mg sodium	612 cals; 903mg sodium	859 cals; 983mg sodium	830 cals; 675mg sodium
<p>16</p> <p>Honey Garlic Chicken(180) Rice Noodles(10) Broccoli(25) Marble Rye Bread(190) Fresh Apple(0)</p>	<p>Erin Go Bragh! 17 High Sodium Meal</p> <p>Corned Beef Brisket & Cabbage(430) Parsley Potatoes(18) Baby Carrots(45) Irish Soda Bread(163) Shamrock Cake(370)</p>	<p>18</p> <p>Center Cut Pork Loin(390) Mashed Potato(20) Butternut Squash(10) Raisin Bread(125) Butterscotch Pudding(190)</p>	<p>19</p> <p>Sesame Thai Chicken with Asian Noodles(215) Stir Fry Veggies(20) Egg Roll & Sweet Sauce(125) Multi-Grain Bread(150) Mandarin & Pineapple(8)</p>	<p>20</p> <p>Stuffed Shells with Alfredo Sauce(356) Tuscan Veggies(20) Wheat Roll(115) Fresh Grapes(3)</p>
726 cals; 580mg sodium	843 cals; 1201mg sodium	825 cals; 910mg sodium	705 cals; 693mg sodium	723 cals; 669mg sodium
<p>23</p> <p>Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Chocolate Pudding(190)</p>	<p>24</p> <p>Ham & Swiss Cheese with Mustard(590)* on Croissant(180) Sweet Pot. Nuggets(44) Broccoli(25) Fresh Fruit Cup(10)</p>	<p>25</p> <p>Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(145)</p>	<p>26</p> <p>General Tso's Chicken(175) Lo Mein Noodles(150) Asian Veggies(20) Wheat Bread(115) Mandarin Oranges(10)</p>	<p>27</p> <p>Salmon with Lemon-Dill Cream Sauce(180) Rice Pilaf(325) Tuscan Veggies(20) Multi-Grain Roll(150) Pears(5)</p>
730 cals; 849mg sodium	884 cals; 1024mg sodium	736 cals; 925mg sodium	733 cals; 645mg sodium	733 cals; 855mg sodium
<p>30</p> <p>Crab Cakes with Tartar Sauce(370) Oven Fries(220) Capri Veggies(30) Multi-Grain Bread(150) Fresh Banana(0)</p>	<p>31</p> <p>Butternut Squash Ravioli with Fresh Basil(200) & Grilled Chicken(180) Spinach(45) Herb Breadstick(180) Peaches(5)</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 & have them with another meal or snack.</i></p>	<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>
720 cals; 945mg sodium	665 cals; 785mg 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.