

ELDER NUTRITION PROGRAM

Dukes County

MAY 2026

Telephone:

Office: 508-693-4393

Tisbury: 508-744-8618

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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 |
|--|--|--|--|---|
| <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> | | | 1 Crab Cakes with Tartar Sauce(410) Wedge Potatoes(220) Mixed Veg(30) Multi-Grain Bread(150) Pears(5) 738 cal; 990mg sodium |
| 4 Teriyaki Beef(385) Hawaiian Rice(10) Stir-Fry Veg(20) Whole Wheat Roll(187) Yellow Cake(215) 815 cal; 992mg sodium | 5 Rotisserie Style Chicken(336) Whipped Potato(20) Carrots(43) Whole Grain Bread(150) Pears(5) 802 cal; 729mg sodium | 6 Veggie & Cheddar Quiche(204) Cucumber, Tomato, & Carrot Salad(120) Rosemary Focaccia(150) Fruited Yogurt(65) 898 cal; 714mg sodium | COLD PLATE 7 Shrimp & Orzo Salad with Kalamata, Sundried Tomato & Veg over Mesclun Greens(287) Dinner Roll(150) Fresh Grapes(2) 694 cal; 614mg sodium | 8 Stuffed Shells with Marinara(277) Capri Veg(30) Garlic Bread(150) Peaches(5) 660 cal; 637mg sodium |
| 11 Chicken Chablis(185) Rice Pilaf(132) Haricot Verts(5) Parker House Roll(115) Mixed Fruit(8) 654 cal; 620mg sodium | 12 Meatballs Marinara over Linguini(395) Tuscan Veg(20) 9-Grain Bread(190) Mandarin Oranges(5) 736 cal; 785mg sodium | 13 Roast Turkey Breast with Gravy(388) Sweet Pot. Wedges(200) Peas(6) Wheat Bread(115) Cherry Cheesecake(50) 865 cal; 934mg sodium | 14 BBQ Pulled Pork(290) Potato Wedges(85) Black Bean & Corn Salad(80) Chef Roll(210) Peaches(5) 735 cal; 845mg sodium | 15 Chicken Marsala with Farfalle Pasta(195) Tuscan Veg(20) Multi-Grain Bread(150) Chocolate Pudding(230) 694 cal; 770mg sodium |
| 18 Honey Garlic Chicken(135) Brown Rice(25) Asian Veg(20) Raisin Bread(125) Fresh Banana(0) 710 cal; 480mg sodium | 19 Atlantic Salmon with Dill Cream Sauce(170) Lyonnais Potato(240) Capri Veg(30) Whole Grain Bread(150) Peaches(5) 648 cal; 770mg sodium | 20 Penne alla Bolognese(311) Green Beans(23) Garlic Bread(150) Butterscotch Pudding(190) 730 cal; 849mg sodium | 21 Yankee Pot Roast(480) Whipped Potato(20) Prince Edward Veg(38) Multi-Grain Bread(150) Pears(5) 878 cal; 868mg sodium | COLD PLATE 22 Gourmet Chicken Salad over Greens with Grape Tomatoes(131) Red Bliss Pot. Salad(80) Whole Grain Bread(150) Apple Turnover(210) 820 cal; 746mg sodium |
| SITES CLOSED 25 | 26 Chicken Fettucine Alfredo(388) Capri Veggies(30) Italian Breadstick(125) Peaches(5) 873 cal; 723mg sodium | COLD PLATE 27 Turkey & Cranberry Salad over Greens(65) Veggie Pasta Salad(280) Naan Flat Bread(124) Fresh Fruit Cup(10) 626 cal; 654mg sodium | 28 Beef Soft Taco(455) with Cheddar & Jack Cheese, Lettuce, & Pico De Gallo Turmeric Rice(15) Black Beans(260) Fresh Apple(0) 895 cal; 905mg sodium | 29 Breaded Pork Chop with Apple Demi(390) Roast Red Potato(150) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(8) 855 cal; 858mg 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.