

ELDER NUTRITION PROGRAM**Dukes County****SEPTEMBER 2026****Telephone:****Office 508-693-4393****Tisbury 508-744-8618****Up Island 508-693-2896****Oak Bluffs Not serving**
Elder Services
 of Cape Cod and the Islands


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

MENU SUBJECT TO CHANGE WITHOUT NOTICE.

<i>To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk & have them with another meal or snack.</i>	Tuesday, Sept. 1 Roast Pork Loin with Apple Demi(287) Roast Red Potato(70) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10) 855 Cals; 677mg Sodium	Wednesday, Sept. 2 Veggie & Cheddar Quiche(209) Cucumber/Tomato/Carrot Salad with Dressing(115) Clover Leaf Roll(200) Fruited Yogurt(65) 898 Cals; 764mg Sodium	Thursday, Sept. 3 COLD PLATE Chicken Salad over Greens(65) Veggie Pasta Salad(280) Naan Bread(124) Fresh Fruit Cup(10) 626 Cals; 654mg Sodium	Friday, Sept. 4 Meatloaf with Demi-Glace(336) Whipped Potato(25) Peas(6) Whole Grain Bread(150) Chocolate Brownie(125) 962 Cals; 817mg Sodium
	Monday, Sept. 7 SITES CLOSED 	Wednesday, Sept. 9 Orange Ginger Chicken(175) Rice Noodles(150) Asian Veggies(20) Wheat Bread(115) Mandarin/Pineapple(5) 733 Cals; 640mg Sodium	Thursday, Sept. 10 Spaghetti with Meat Sauce(311) Green Beans(23) Garlic Bread(150) Tapioca Pudding(190) 730 Cals; 849mg Sodium	Friday, Sept. 11 Garlic & Herb Tilapia(35) Lyonnaise Potato(250) Tuscan Veggies(20) Whole Grain Bread(150) Carrot Cake(210) 738 Cals; 840mg Sodium
	Monday, Sept. 14 Salisbury Steak(410) Egg Noodles(15) Spinach(50) Rosemary Focaccia(140) Chocolate Pudding(180) 809 Cals; 970mg Sodium	Wednesday, Sept. 16 Honey Garlic Grilled Chicken(185) Rice Pilaf(232) Prince Edward Veg(38) Wheat Bread(115) Mixed Fruit(10) 720 Cals; 755mg Sodium	Thursday, Sept. 17 Roast Turkey Breast with Gravy(326) Sweet Potato Wedges(200) Peas(6) Whole Grain Bread(150) Fresh Banana(0) 828 Cals; 857mg Sodium	Friday, Sept. 18 Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(140) 736 Cals; 920mg Sodium
	Tuesday, Sept. 8 Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Bread(150) Fresh Apple(0) 878 Cals; 868mg Sodium	Tuesday, Sept. 15 Tortellini with Sundry Basil Cream Sauce(277) Capri Veggies(30) Garlic Bread(150) Peaches(5) 760 Cals; 637mg Sodium	Thursday, Sept. 24 Chicken Parmesan over Linguini(520)* Tuscan Veggies(20) Multi-Grain Bread(150) Peaches(5) 824 Cals, 870mg Sodium	Friday, Sept. 25 Salmon with Pineapple Sauce(172) Rice Noodles(0) Citrus Craisin Slaw(30) Multi-Grain Bread(150) Pears(4) 695 Cals; 531mg Sodium
	Monday, Sept. 14 Salisbury Steak(410) Egg Noodles(15) Spinach(50) Rosemary Focaccia(140) Chocolate Pudding(180) 809 Cals; 970mg Sodium	Tuesday, Sept. 22 Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veggies(20) Ciabatta Bread(140) Butterscotch Pudding(190) 772 Cals; 758mg Sodium	Wednesday, Sept. 23 Beef Stroganoff(445) Rice(0) California Veggies(30) Whole Wheat Roll(115) Chocolate Cake(285) 1038 Cals; 1050mg sodium	Friday, Sept. 18 Swedish Meatballs(370) Egg Noodles(15) California Veggies(30) 9-Grain Bread(190) Grapenut Custard(140) 736 Cals; 920mg Sodium
Monday, Sept. 28 Chicken Marsala(175) Parsley Potato(25) Carrots(43) Whole Grain Bread(150) Yellow Cake(210) 802 Cals; 778mg Sodium	Tuesday, Sept. 29 Angus Flank Steak with A-1 Mushroom Demi(390) Roast Red Potato(150) Butternut Squash(10) Raisin Bread(125) Mixed Fruit(10) 855 Cals; 860mg Sodium	Wednesday, Sept. 30 Ham & Swiss Cheese with Mustard(590)* on Croissant(185) Sweet Potato(44) Broccoli(25) Pineapple(0) 716 Cals; 730mg Sodium	<i>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$11.00</i> *Indicates items with more than 500mg sodium	

Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 45mg; Milk adds 130mg. Total calories (cals) & sodium for the entire meal are noted below each day and include margarine & milk.