

ELDER NUTRITION PROGRAM
Dukes County **OCTOBER 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>	<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		Thursday, Oct.1 Turkey Meatloaf with Demi-Glace(280) Whipped Potato(25) Peas(30) Whole Grain Bread(150) Pears(4) 705 Cals; 659mg Sodium	Friday, Oct.2 Veggie & Cheddar Jack Quiche(209) Cucumber, Tomato, & Carrot Salad(129) Pesto Focaccia(150) Fruited Yogurt(65) 898 Cals; 723mg Sodium
Monday, Oct. 5 Stuffed Shells with Marinara Sauce(450) Capri Veg(30) Garlic Bread(150) Peaches(5) 660 Cals; 805mg Sodium	Tuesday, Oct. 6 Yankee Pot Roast(480) Whipped Potato(25) Prince Edward Veg(38) Multi-Grain Veg(150) Fresh Apple(0) 878 Cals; 863mg Sodium	Wednesday, Oct. 7 Whole Grain Spaghetti with Turkey Meat Sauce(250) Green Beans(29) Garlic Bread(150) Tapioca Pudding(190) 705 Cals; 789mg Sodium	Thursday, Oct. 8 Ham & Cheese with Mustard(590)* on Croissant(185) Sweet Potato Nuggets(44) Broccoli(25) Pineapple(0) 889 Cals; 1014mg Sodium	Friday, Oct. 9 Pineapple Teriyaki Chicken(410) Rice Noodles(10) Asian Veg(20) Wheat Bread(115) Chocolate Brownie(140) 733 Cals; 865mg Sodium
Monday, Oct. 12 SITES CLOSED  INDIGENOUS PEOPLES DAY	Tuesday, Oct. 13 Honey Garlic Grilled Chicken(185) Jasmine Rice(0) Asian Veg(20) Wheat Bread(115) Mixed Fruit(8) 733 Cals; 498mg Sodium	Wednesday, Oct. 14 Pulled Pork(235) Wedge Potatoes(85) Craisin Slaw(30) Chef Roll(210) Pears(4) 721 Cals; 734mg Sodium	Thursday, Oct. 15 Roast Chicken with Lump Crabmeat & Hollandaise(224) Half Baked Potato(15) Asparagus(6) Multi-grain Bread(150) Chocolate Pudding(180) 979 Cals; 745mg Sodium	Friday, Oct. 16 Chicken Meatballs Marinara(300) Tri-Color Rotini(10) Green Beans(29) Pumpkin Bread Pudding(185) 745 Cals; 694mg Sodium
Monday, Oct. 19 Chicken Cacciatore over Angel Hair Pasta(233) Tuscan Veg(20) Ciabatta Bread(140) Cherry Cheesecake(50) 772 Cals; 613mg Sodium	Tuesday, Oct. 20 Honey Bourbon Pork Chop(240) Rice Pilaf(132) California Veg(49) Wheat Bread(115) Mixed Fruit(8) 733 Cals; 714mg Sodium	Wednesday, Oct. 21 Beef Burgundy(320) Rice(10) Prince Edward Veg(38) Whole Wheat Roll(150) Peaches(5) 798 Cals; 693mg sodium	Thursday, Oct. 22 Roast Turkey Breast with Gravy(496) Sweet Potato Wedges(125) Peas(30) Wheat Bread(115) Fresh Banana(0) 720 Cals, 936mg Sodium	Friday, Oct. 23 Beer Battered Codfish with Tartar Sauce(370) Potato Cakes(220) Coleslaw(30) Multi-grain Bread(150) Pears(4) 738 Cals; 944mg Sodium
Monday, Oct. 26 Chicken Parmesan with Spaghetti(696)* Tuscan Veg(20) Herb Breadstick(115) Pears(4) 826 Cals; 1005mg Sodium	Tuesday, Oct. 27 Angus Flank Steak with A-1 Mushroom Demi(390) Roast Red Potato(150) Butternut Squash(23) Raisin Bread(125) Mixed Fruit(8) 855 Cals; 866mg Sodium	Wednesday, Oct. 28 Atlantic Salmon with Dill Cream Sauce(200) Lyonnaise Potato(180) Tuscan Veg(20) Whole Grain Bread(150) Butterscotch Pudding(180) 757 Cals; 900mg Sodium	Thursday, Oct. 29 Beef Stroganoff(330) Rice(0) California Veg(30) Whole Wheat Roll(150) Mixed Fruit(8) 798 Cals; 688mg Sodium	Friday, Oct. 30 Chicken with Butternut Raviol, Fresh Basil, & Pinenuts(380) Asparagus(6) Whole Grain Bread(150) Halloween Cake(370) 966 Cals; 1076mg Sodium

Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 45mg; Milk adds 125mg. Total calories (cals) & sodium for the entire meal are noted below each day and include margarine & milk.