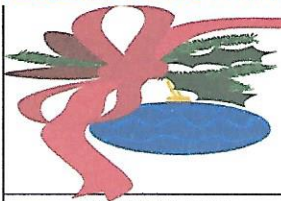


# ELDER NUTRITION PROGRAM

Telephone : (508)693-4393

Dukes County



Thank you for your voluntary  
\$3.00 donation towards  
actual cost of \$10.50 per meal

**Cancellations & Reservations must be made at least 2 days in advance**

Reservations required:  
Tisbury: 693-8337  
Oak Bluffs: 693-4509  
Up Island: 693-2896  
**December 2019**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Stir Fry Beef 615 Asian Veggies 20 Sesame Noodles 10 Mandarin Oranges 5 Wheat Bread 10 <b>Cals: 855 Sodium: 830mg</b>	<b>3</b> Herb Roast Pork 320 Loin with Apple Demi-Glace Capri Veggies 30 Roast Red Potatoes 150 Butterscotch Pudding 190 Whole Grain Bread 150 <b>Cals: 660 Sodium: 1010 mg</b>	<b>4</b> Meatloaf w/ Demi-Glace Whipped Potatoes 25 Peas 6 Fresh Banana 4 Whole Grain Bread 150 <b>Cals: 802 Sodium: 691 mg</b>	<b>5</b> Chicken Parmesan 506 Spaghetti Tuscan Veggies 15 Parmesan Breadstick 115 Mixed Fruit Cup 10 <b>Cals: 626 Sodium: 816 mg</b>	<b>6</b> Baked Stuffed Sole 200 with Shrimp Rice Pilaf 180 Prince Edward Veggies 15 Chocolate Brownie 218 Whole Grain Bread 150 <b>Cals: 828 Sodium: 933 mg</b>
<b>9</b> YankeePot Roast 480 Whipped Potatoes 20 Prince Veggies 38 Fresh Apple 0 Multi Grain Bread 150 <b>Cals: 878 Sodium: 858</b>	<b>10</b> Herb Roast Chicken 200 with Apple Stuffing Potato Latkes 180 French Green Beans 15 Carrot Cake 210 Whole Grain Bread 150 <b>Cals: 738 Sodium: 925 mg</b>	<b>11</b> Spaghetti Meat Sauce Green Beans 23 Chocolate Mousse Garlic Bread 115 <b>Cals: 730 Sodium: 708mg</b>	<b>12</b> Chicken Fettucine Alfredo 388 Capri Veggies 20 Peaches 5 Breadstick 125 <b>Cals: 873 Sodium: 708 mg</b>	<b>13</b> Ham & Swiss 590 on Croissant w/ mustard Sweet Potato Wedge 44 Broccoli 25 Mixed Fruit 0 <b>Cals: 889 Sodium: 829 mg</b>
<b>16</b> Rotisserie Style Chicken 410 Brown Rice 15 Green Beans 10 Pears 5 Rosemary Focaccia 140 <b>Cals: 809 Sodium: 750 mg</b>	<b>17</b> Angus Flank Steak 318 with A-1 Mushroom Demi California Veggies 15 Mashed Potatoes 30 Multi-Grain Bread 155 Mandarin Oranges 5 <b>Cals: 816 Sodium: 693 mg</b>	<b>18</b> Chicken Cacciatore 233 over Angel Hair Pasta Capri Veggies 15 Chocolate Pudding 180 Ciabatta Bread 140 <b>Calories: 772 Sodium: 738mg</b>	<i>Happy Holiday!</i> <b>19</b> Roast Turkey w/ Gravy & Cranberry Sauce 388 Whipped Potatoes 20 Baby Carrots 8 Pumpkin Bread Pudding 273 Whole Grain Roll 125 <b>Calories 873 Sodium: 984 mg</b>	<b>20</b> Veggie Lasagna 575 Tuscan Veggies 19 Whole Wheat Roll 150 Fresh Pineapple 10 <b>Cals: 847 Sodium: 924mg</b>
<b>23</b> Chicken Oscar with 436 Fresh Asparagus, Lump Crab & Hollandaise Wedge Potato 220 Frosted Ginger Cake 210 Whole Grain Bread 115 <b>Cals: 738 Sodium: 931 mg</b>	<b>24</b> Roast Ribeye w/ Au Jus & Horse Radish Sauce 420 Rice Pilaf 120 Broccoli 25 Fresh Apple 0 French Bread 110 <b>Cals: 838 Sodium: 845 mg</b>	<b>Sites Closed! 25</b> <i>Happy Holidays!</i> 	<b>26</b> Veggie & Cheddar 209 Jack Quiche Cucumber, Tomato 120 and Carrot Salad Fruited Yogurt 65 Multi-Grain Bread 150 <b>Cals: 898 Sodium: 714mg</b>	<b>27</b> Salmon w/ Lemon 298 Mediterranean Crusted Prince Edward Veg 30 Parsley Potatoes 5 Peaches 5 Dinner Roll 150 <b>Cals: 660 Sodium: 658 mg</b>
<b>30</b> Fish Cakes with Tartar Sauce 370 Wedge Potato 220 Green Peas 6 Fresh Orange 0 Whole Wheat Roll 150 <b>Cals: 738 Sodium: 916 mg</b>	<i>Happy New Year! 31</i> Honey Bourbon Steak Tips 358 Asparagus 3 Twice Baked Potato 130 NY Cherry Cheesecake 125 Whole Grain Bread 150 <b>Calories: 1052 Sodium: 936 mg</b> 	<p>'Nutrition Information: Total Calorie ("cals") &amp; sodium are for the ENTIRE meal including milk and margarine. Each Item is followed by mg of sodium in parentheses. Add margarine (45 mg of sodium) &amp; milk (125 mg sodium). Meals are based on a "No Added Salt" diet (3000-4000mg of sodium per day), which is appropriate for healthy adults. In order to reduce sodium for each meal, save items like bread or milk &amp; have with another meal!</p>		