

NUTRITION PROGRAM FOR THE ELDERLY

Telephone: (508) 693-4393

Dukes County July 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <i>Reservations are required for Senior Dining Cancellations must be made at 24 hours in advance</i> | <i>Thank you for your voluntary \$2.00 donation per meal.</i> | <i>Menu subject to change without notice.</i> | 1 Fishwich w/ Tartar 3 Bean Salad Potato Cakes Burger Bun Pears | 2 Happy 4th of July BBQ Chicken Wedge Potatoes Coleslaw Multi-grain Roll Apple Turnover |
| | | <i>1% milk and margarine served with meals.</i> | Calories: 1035 Fat: 39% Sodium: 998 mg | Calories: 724 Fat: 36% Sodium: 788 mg |
| 5 <i>Holiday Sites Closed</i> | 6 Yankee Pot Roast Buttered Noodles Spinach Multi-grain Roll Peaches | 7 Honey Mustard Chicken O'Brien Potatoes Country Style Veg Whole Wheat Bread Butterscotch Pudding | 8 Shepherd's Pie Mixed Vegetables Whole Grain Bread Cookie | 9 Seafood Salad Roll Red Bliss Potato Salad Craisin Slaw Hot Dog Roll Watermelon |
| | Calories: 728 Fat: 28% Sodium: 667.3mg | Calories: 970 Fat: 30% Sodium: 730 mg | Calories: 995 Fat: 36% Sodium: 951 mg | Calories: 449 Fat: 16% Sodium: 771 mg |
| 12 Ham & Swiss on Croissant Sweet Potatoes Broccoli Pineapple | 13 Chicken a la King Peas Fluffy Rice Multi-Grain Roll Mandarin Oranges | 14 Roast Pork w/ Apple Chutney Red Bliss Potatoes Diced Carrots Cranberry Bread Yogurt | 15 Spaghetti w/ Meat Sauce Italian Blend Veg Garlic Bread Pears | 16 Mustard Crusted Salmon Lyonnaise Potatoes Tuscan Veggies Whole Wheat Bread Chocolate Pudding |
| Calories: 889 Fat: 34% Sodium: 922 mg | Calories: 756 Fat: 27% Sodium: 593 mg | Calories: 634 Fat: 35% Sodium: 413 mg | Calories: 514 Fat: 29% Sodium: 750mg | Calories: 715 Fat: 31% Sodium: 915 mg |
| 19 Chicken Pot Pie w/ Vegetables Garlic Whipped Pot Dinner Roll Rice Pudding | 20 Pork Patty Sandwich Baked Beans Mixed Vegetables Hamburger Roll Fresh Fruit | 21 Orange Ginger Chicken Florentine Rice Oriental Veggies Whole Wheat Roll Mandarin Oranges | 22 Roast Turkey w/ Gravy Butternut Squash Cranberry Stuffing Whole Wheat Bread Ginger Cake | 23 Pier 17 Fish Mashed Potatoes Summer Blend Veg Fruit Muffin Whl. Grain Peaches |
| Calories: 744 Fat: 27% Sodium: 702 mg | Calories: 810 Fat: 32% Sodium: 983 mg | Calories: 710 Fat: 29% Sodium: 680 mg | Calories: 597 Fat: 34% Sodium: 947 mg | Calories: 645 Fat: 23% Sodium: 923 mg |
| 26 American Chop Suey Green Beans Rosemary Focaccia Fresh Fruit | 27 Chicken Cacciatore Buttered Noodles Prince Edward Blend Wheat Bread Pears | 28 Tuna Salad w/ Tomato, Cucumber Kalamata Olives, Red Onion Mixed Green Veggie & Pasta Salad Fresh Fruit Cup Wheat Pita | 29 Happy Birthday Meatloaf w/ Mushroom Gravy Green Beans Mashed Potatoes Whole Wheat Bread Birthday Cake | 30 Tri-Cheese Tortellini w/ Chicken Marinara Capri Veggies Dinner Roll Mixed Fruit |
| Calories: 723 Fat: 34% Sodium: 768 mg | Calories: 638 Fat: 26% Sodium: 591 mg | Calories: 525 Fat: 22% Sodium: 615 mg | Calories: 746 Fat: 36% Sodium: 598mg | Calories: 814 Fat: 30% Sodium: 848 mg |

