



## The Anchors Kitchen

We are committed to providing those in need with nutrition resources.  
Please call 508-627-4368 to learn about nutrition programs you may be eligible for.

### **Tuesday and Friday Lunches**

Lunch is served at 12noon. Please come beforehand to find a seat.  
Exact change is appreciated. No walk-ins.

You must call at least 24 hours in advance to reserve your spot. 508-627-4368

#### Tuesday SANDWICHES

~ with dessert

**\$3**

- 1/3 Egg Salad
- 1/10 Fish Cake
- 1/17 Ham & Swiss
- 1/24 Lentil Salad Wrap
- 1/31 Tuna Melt

#### Fish Chowder & Stew



*Get it at the Anchors!*

Thanks to the generosity of  
IGI and the MV Fishermen's  
Preservation Trust

#### Friday Café

~ with soup & dessert

**\$5**

- 1/6 Meatball Lasagna
- 1/13 Turkey & Bacon
- 1/20 Eggplant Parmesan
- 1/27 Pork with Saurkraut

#### Open Cupboard

The Edgartown Council on Aging is  
a partner of the Greater Boston  
Food Bank. Income eligible people  
may pickup at the Anchors on  
Monday, October 24, 9-11am.

Or, call Donna to request a pickup  
date and time. We always have an  
assortment of dry, canned, frozen,  
and fresh food items as well as  
toiletries for anyone in need.