

# ELDER NUTRITION PROGRAM

Nantucket County **NOVEMBER 2022**

508-228-4647



# Elder Services

of Cape Cod and the Islands



**Reservations & Cancellations must be**

**made two business days in advance.**

**Menu subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Salmon with Mango-Pineapple Salsa(101) Veg Rice Pilaf(22) Edamame & Corn(3) Whole Grain Bread(135) Pudding(135) MOD:Lower-Carb Dessert	<b>2</b> Braised Beef with Veg(70) Cheddar Mashed Potato(227) Peas & Carrots(51) Rye Bread(235) Fruit du Jour(varies)	<b>3</b> Chicken Bruschetta(528)* Baked Potato(6) Green Beans(2) Garlic Bread(220) Fruit du Jour(varies) Sour Cream pkt(9)	<b>4</b> Swedish Meatballs with Egg Noodles(434) Broccoli(9) Wheat Roll(135) Fruit du Jour(varies)
	<b>711 cal; 551mg sodium</b>	<b>726 cal; 739mg sodium</b>	<b>761 cal; 921mg sodium</b>	<b>731 cal; 738mg sodium</b>
<b>7</b> Shepherd's Pie with Mashed Potato(256) California Veg(17) Whole Grain Bread(135) Pudding(135) MOD:Lower-Carb Dessert	<b>8</b> Chicken Marsala(462) Roasted Rosemary Potato(121) Peas(58) Wheat Roll(135) Fruit du Jour(varies)	<b>9</b> White Fish with Florentine Sauce(347) Brown Rice Pilaf(83) Gr. Beans/Red Pep.(3) Cornbread(290) Sweet of the Week MOD:Lower-Carb Dessert	<b>10</b> Beef Stroganoff with Egg Noodles(179) Brussels Sprouts(12) Rye Bread(235) Fruit du Jour(varies)	<b>11 SITES CLOSED</b> 
<b>712 cal; 698mg sodium</b>	<b>799 cal; 933mg sodium</b>	<b>719 cal; 983mg sodium</b>	<b>765 cal; 591mg sodium</b>	
<b>14</b> Chicken Sausage with Cacciatore Sauce & Pasta(699)* Mixed Veg(30) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>15</b> Pork Loin with Honey-Garlic Glaze(151) Mashed Sweet Potato(35) Beets & Greens(81) Whole Grain Bread(135) Fruit du Jour(varies)	<b>16</b> Creamy Tuscan Chicken(496) Polenta(14) Veg Medley(16) Garlic Bread(220) Fruit du Jour(varies)	<b>17</b> Potato Pollock(330) Butternut Squash(0) Peas & Corn(31) Whole Grain Bread(135) Yogurt(50) Tartar Sauce pkt(85)	<b>18</b> Roast Turkey with Gravy garnished w/stuffing & cranberry sauce(733)* Mashed Potato(134) Green Beans(2) Dinner Roll(135) Fruit du Jour(varies)
<b>871 cal; 1166mg sodium</b>	<b>647 cal; 559mg sodium</b>	<b>756 cal; 902mg sodium</b>	<b>702 cal; 786mg sodium</b>	<b>720 cal; 1173mg sodium</b>
<b>21</b> Beef Teriyaki(681)* White Rice(1) Broccoli(9) Wheat Roll(135) Fruit du Jour(varies)	<b>22</b> Chicken Drumsticks w/ Stewed Tomatoes(333) Tortellini(225) Veg Medley(16) Wheat Roll(135) Yogurt(50)	<b>23</b> Cheddar Omelet(377) Sweet Potato & Black Bean Hash(80) Zucchini(2) Cornbread(290) Fruit du Jour(varies)	<b>24 SITES CLOSED</b> 	<b>25</b> <b>HIGH SODIUM MEAL</b> Hot Dog(540) Veg. Baked Beans(140) California Veg(17) Hot Dog Roll(300) Fruit du Jour(varies) Mustard packet(55)
<b>686 cal; 986mg sodium</b>	<b>712 cal; 914mg sodium</b>	<b>784 cal; 914mg sodium</b>		<b>790 cal; 1217mg sodium</b>
<b>28</b> Pork Loin with Mustard-Wine Sauce(217) Mash. Sweet Potato(35) Corn w/Red Peppers(4) Rye Bread(235) Pudding(135) MOD:Lower-Carb Dessert	<b>29</b> Chicken Cordon Royale(550)* Roast Potato(120) Green Beans(2) Whole Grain Bread(135) Fruit du Jour(varies)	<b>30</b> Lasagna with Bolognese Sauce & Parmesan Garnish(608)* Broccoli(9) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	Thank you for your <b>voluntary donation of \$4.00 per meal towards actual cost of \$19.50</b>	In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.
<b>750 cal; 781mg sodium</b>	<b>715 cal; 963mg sodium</b>	<b>841 cal; 1015mg sodium</b>		

**NUTRITION INFO:** Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.