

# ELDER NUTRITION PROGRAM



Nantucket County **DECEMBER 2022**

508-228-4647



**Reservations & Cancellations must be made two business days in advance.**

**Menu subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$19.50</u></p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>	<p><i>In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert &amp; have them with another meal or snack.</i></p>	<p>1 Beef Wellington(210) Mashed Potato(134) Collard Greens(43) Rye Bread(235) Fruit du Jour(varies)</p>	<p>2 Chicken with Creamy Mushroom Sauce(439) Brown &amp; Wild Rice(115) California Veg(17) Whole Grain Bread(135) Fruit du Jour(varies)</p>
			<b>749 cal; 778mg sodium</b>	<b>754 cal; 866mg sodium</b>
<p>5 Southwestern Ground Turkey(300) Green Beans(2) Cornbread(290) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p>6 Thai Curry Beef(344) Veg Rice Pilaf(22) Edamame &amp; Corn(3) Whole Grain Bread(135) Fruit du Jour(varies)</p>	<p>7 BBQ Chicken Drumsticks(484) Baked Potato(6) Zucchini/Red Peppers(3) Wheat Roll(135) Fruit du Jour(varies) Sour Cream pkt(9)</p>	<p>8 Meatloaf with Gravy(257) Mashed Potato(134) Peas &amp; Carrots(51) Wheat Roll(135) Pudding(135) MOD:Lower-Carb Dessert</p>	<p>9 Shrimp with Garlic-Butter Sauce over Angel Hair Pasta(352) Kale w/Red Peppers(17) Garlic Bread(350) Fruit du Jour(varies)</p>
<b>712 cal; 894mg sodium</b>	<b>789 cal; 660mg sodium</b>	<b>720 cal; 793mg sodium</b>	<b>745 cal; 867mg sodium</b>	<b>829 cal; 884mg sodium</b>
<p>12 Lemon Rosemary Chicken Breast(376) Mash. Sweet Potato(35) Veg Medley(16) Whole Grain Bread(135) Pudding(135) MOD:Lower-Carb Dessert</p>	<p>13 American Chop Suey with Parm garnish(289) Spinach(113) Garlic Bread(350) Fruit du Jour(varies)</p>	<p>14 Beef Stroganoff with Egg Noodles(179) Brussels Sprouts(12) Rye Bread(235) Fruit du Jour(varies)</p>	<p>15 Pork Loin Spiced with Pears(63) Potatoes Au Gratin(335) Broccoli(9) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p>16 Cheddar Omelet(377) Tater Tots(230) Peppers &amp; Onions(3) Muffin(280) Fruit du Jour(varies)</p>
<b>725 cal; 852mg sodium</b>	<b>807 cal; 908mg sodium</b>	<b>762 cal; 582mg sodium</b>	<b>773 cal; 937mg sodium</b>	<b>774 cal; 1055mg sodium</b>
<p>19 Stuffed Shells with Meat Sauce &amp; Parm garnish(558)* Peas &amp; Corn(31) Wheat Roll(135) Fruit du Jour(varies)</p>	<p>20 Roast Turkey with Gravy(562)* Roasted Rosemary Potato(121) Butternut Squash(0) Wheat Roll(135) Fruit du Jour(varies)</p>	<p>21 Potato Pollock(330) Mashed Sweet Potato(35) Green Beans(2) Rye Bread(235) Yogurt(50) Tartar Sauce pkt(85)</p>	<p>22 Pot Roast with Gravy(212) Mashed Potato(134) Glazed Carrots(46) Wheat Roll(135) Holiday Dessert(230) MOD:Lower-Carb Dessert</p>	<p>23 Harvest Roasted Chicken(332) Potato Latkes(414) Veg Medley(16) Whole Grain Bread(135) Fruit du Jour(varies)</p>
<b>661 cal; 884mg sodium</b>	<b>879 cal; 974mg sodium</b>	<b>680 cal; 892mg sodium</b>	<b>809 cal; 912mg sodium</b>	<b>756 cal; 1066mg sodium</b>
<p>26 <b>SITES CLOSED</b></p>  <p><i>Happy Holidays</i></p>	<p>27 Ravioli with Meat Sauce &amp; Parm garnish(498) Tuscan Veg(35) Wheat Roll(135) Pudding(135) MOD:Lower-Carb Dessert</p>	<p>28 Fish with Tomato-Caper Cream Sauce(549)* Brown Rice Pilaf(83) Broccoli(9) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p>29 Chicken Alfredo over Noodles(488) Green Beans with Red Peppers(3) Garlic Bread(350) Fruit du Jour(varies)</p>	<p>30 Beef Stew(169) Beets &amp; Greens(81) Biscuit(440) Fruit du Jour(varies)</p>
	<b>697 cal; 958mg sodium</b>	<b>781 cal; 1039mg sodium</b>	<b>852 cal; 997mg sodium</b>	<b>840 cal; 855mg 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.