

**ELDER NUTRITION PROGRAM**

**Nantucket County FEBRUARY 2023**

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
<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><b>1</b> Chicken with Orange Glaze(388) Brown Rice Pilaf(83) Broccoli(9) Whole Grain Bread(135) Pudding(135) MOD:Lower-Carb Dessert</p>	<p><b>2</b> Beef &amp; Turkey Sloppy Joe(168) Tater Tots(230) Mixed Veg(9) Hamburger Bun(230) Fruit du Jour (varies)</p>	<p><b>3</b> Meatball Stroganoff over Egg Noodles(455) Veg Medley(16) Rye Bread(235) Fruit du Jour (varies)</p>
		<b>704 cals; 905mg sodium</b>	<b>757 cals; 793mg sodium</b>	<b>841 cals; 866mg sodium</b>
<p><b>6</b> Chicken Marsala(462) Mashed Sweet Potato(35) Green Beans(2) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p><b>7</b> American Chop Suey(234) Broccoli(9) Garlic Toast(350) Fruit du Jour (varies)</p>	<p><b>8</b> Beef Wellington(210) Cheddar Mashed Potato(227) Brussels Sprouts(12) Rye Bread(235) Yogurt(50)</p>	<p><b>9</b> BBQ Chicken Drumsticks(485) Baked Potato(6) Sour Cream packet(9) California Veg(17) Whole Grain Bread(135) Fruit du Jour (varies)</p>	<p><b>10</b> Cod or Pollock with Bruschetta Sauce &amp; Tortellini(688)* Kale &amp; Corn(15) Wheat Roll(135) Fruit du Jour (varies)</p>
<b>727 cals; 936mg sodium</b>	<b>774 cals; 749mg sodium</b>	<b>822 cals; 889mg sodium</b>	<b>703 cals; 809mg sodium</b>	<b>694 cals; 1003mg sodium</b>
<p><b>13</b> Beef Stew(169) Butternut Squash(0) Biscuit(440) Fruit du Jour (varies)</p>	<p><b>14 Happy Valentine's Day</b> Cheddar Omelet(377) Home Fries with Peppers &amp; Onions(54) Zucchini(2) Mini Pancakes(200) Diet syrup packet(80) Valentine Dessert MOD:Lower-Carb Dessert</p>	<p><b>15</b> Stuffed Shells with Beef Bolognese &amp; Parm garnish(558)* Green Beans(2) Garlic Toast(350) Fruit du Jour (varies)</p>	<p><b>16</b> Meatloaf with Gravy(258) Mashed Potato(134) Peas &amp; Carrots(51) Wheat Roll(135) Yogurt(50)</p>	<p><b>17</b> Lemon Herb Chicken(384) Au Gratin Potato(335) Mixed Veg(9) Wheat Roll(135) Fruit du Jour (varies)</p>
<b>861 cals; 769mg sodium</b>	<b>923 cals; 1198mg sodium</b>	<b>768 cals; 1066mg sodium</b>	<b>725 cals; 783mg sodium</b>	<b>734 cals; 1018mg sodium</b>
<p><b>20 SITES CLOSED</b></p> 	<p><b>21</b> Chicken Piccata(450) Roasted Rosemary Potato(121) Kale &amp; Corn(15) Whole Grain Bread(135) Fruit du Jour (varies)</p>	<p><b>22</b> Roast Turkey with Gravy(562)* Mashed Potato(134) California Veg(17) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p><b>23</b> Lasagna with Beef Bolognese &amp; Parm garnish(488) Veg Medley(16) Whole Grain Bread(135) Fruit du Jour (varies)</p>	<p><b>24</b> Pork with Mustard-Wine Sauce(217) Brown Rice &amp; Beans(60) Beets &amp; Greens(81) Cornbread(280) Fruit du Jour (varies)</p>
	<b>800 cals; 877mg sodium</b>	<b>740 cals; 1111mg sodium</b>	<b>678 cals; 795mg sodium</b>	<b>855 cals; 803mg sodium</b>
<p><b>27</b> Chicken Alfredo over Egg Noodles(488) Green Beans with Red Pepper(3) Garlic Toast(350) Yogurt(50)</p>	<p><b>28</b> Shrimp with Creamy Cajun Sauce(513)* Veg Br. Rice Pilaf(22) Broccoli(9) Wheat Roll(135) Fruit du Jour (varies)</p>			
<b>856 cals; 1046mg sodium</b>	<b>696 cals; 835mg sodium</b>			
<p><b>NUTRITION INFO: Total calories (cals) &amp; sodium are for the ENTIRE meal, including margarine &amp; milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.</b></p>				