

ELDER NUTRITION PROGRAM

Nantucket County **MARCH 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 & have them with another meal or snack.</i></p>	<p>1 Shepherd's Pie with Mashed Potato, Corn, & Peas(282) Brussels Sprouts(12) Rye Bread(235) Fruit du Jour</p>	<p>2 Chicken (breast) Anna Maria(500)* Polenta(14) California Veg(17) Wheat Roll(135) Sweet of the Week MOD:Lower Carb Dessert</p>	<p>3 Ravioli with Meat Sauce & Parm garnish(498) Kale & Corn(15) Wheat Bread(135) Fruit du Jour</p>
		700 cal; 685mg sodium	770 cal; 968mg sodium	675 cal; 813mg sodium
<p>6 Braised Beef w/Veg(70) Mashed Potato(134) Broccoli(9) Wheat Roll(135) Sweet of the Week MOD:Lower Carb Dessert</p>	<p>7 Chicken Cordon Royale(550)* Mash. Sweet Potato(35) Peas(58) Wheat Bread(135) Fruit du Jour</p>	<p>8 Pork with Maple Glaze(67) Tater Tots(230) Collard Greens(43) Wheat Roll(135) Fruit du Jour</p>	<p>9 American Chop Suey with ground turkey(217) Green Beans(2) Garlic Bread(350) Yogurt(50)</p>	<p>10 Salmon with Mango-Pineapple Salsa(76) Brown Rice & Beans(60) Edamame & Corn(3) Hawaiian Dinner Roll(80) Fruit du Jour</p>
728 cal; 743mg sodium	696 cal; 935mg sodium	701 cal; 631mg sodium	714 cal; 774mg sodium	727 cal; 379mg sodium
<p>13 Cheddar Omelet(377) Sweet Potato & Black Bean Hash(80) Spinach with Red Peppers(57) Wheat Bread(135) Yogurt(50)</p>	<p>14 Meatloaf with Gravy(258) Cheddar Mashed Potato(227) Mixed Veg(9) Wheat Bread(135) Fruit du Jour</p>	<p>15 Chicken with Mushroom Cream Sauce(438) Brown & Wild Rice(115) Broccoli(9) Wheat Roll(135) Fruit du Jour</p>	<p>16 Spaghetti & Meatballs with Marinara Sauce & Parm garnish(539)* Veg Medley(16) Wheat Roll(135) Fruit du Jour</p>	<p>17 ERIN GO BRACH! High Sodium Meal Corned Beef & Cabbage(853)* Boiled Potatoes(105) Carrots(43) Cornbread Loaf(180) St. Pat's Dessert(150) MOD:Lower Carb Dessert</p>
708 cal; 854mg sodium	749 cal; 794mg sodium	759 cal; 853mg sodium	707 cal; 846mg sodium	964 cal; 1486mg sodium
<p>20 Stuffed Shells with Meat Sauce & Parm garnish(558)* Kale & Corn(15) Wheat Roll(135) Pudding(135) MOD:Lower Carb Dessert</p>	<p>21 COLD PLATE Welcome Spring! Egg Salad(238) Beet Salad(86) Cole Slaw(70) Pita Bread(250) Fruit du Jour</p>	<p>22 Beef Chili(374) Mixed Veg(9) Cornbread Loaf(180) Sweet of the Week MOD:Lower Carb Dessert</p>	<p>23 Chicken Drumsticks with Balsamic Glaze(129) Sweet Potato Puffs(202) California Veg(17) Wheat Bread(135) Fruit du Jour</p>	<p>24 White Fish with Stewed Tomatoes(465) Mac & Cheese side(324) Green Beans(2) Wheat Roll(135) Fruit du Jour</p>
695 cal; 998mg sodium	722 cal; 800mg sodium	703 cal; 788mg sodium	719 cal; 640mg sodium	753 cal; 1086mg sodium
<p>27 Pork with Rosemary-Garlic Sauce(126) Mash. Sweet Potato(35) Peas(58) Rye Bread(235) Pudding(135) MOD:Lower Carb Dessert</p>	<p>28 Roast Turkey with Gravy(563)* Roasted Rosemary Potato(121) California Veg(17) Wheat Roll(135) Fruit du Jour</p>	<p>29 Lasagna with Meat Sauce & Parm garnish(488) Veg Medley(16) Wheat Bread(135) Sweet of the Week MOD:Lower Carb Dessert</p>	<p>30 Beef with Thai Curry Sauce(243) Brown Rice Pilaf(83) Broccoli(9) Wheat Roll(135) Fruit du Jour</p>	<p>31 Chicken Pot Pie(122) Butternut Squash(0) Biscuit(440) Butternut Squash(0) Fruit du Jour</p>
743 cal; 744mg sodium	730 cal; 992mg sodium	793 cal; 902mg sodium	726 cal; 627mg sodium	843 cal; 722mg sodium
<p>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.</p>				