

ELDER NUTRITION PROGRAM

Nantucket County SEPTEMBER 2023

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

508-228-4647



Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another meal or snack.</i></p>	<p><u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</u></p> <p><i>*indicates item w/ more than 500mg sodium.</i></p>			<p>1 BBQ Chicken Drumsticks(385) Tater Tots(230) Veg Medley(12) Wheat Bread(135) Fruit du Jour(varies)</p>
				735 cals; 918mg sodium
<p>4 SITES CLOSED</p>	<p>5 Chicken Piccata(450) Sweet Potato(35) Zucchini(2) Wheat Bread(135) Lorna Doones(147) <i>for both reg & MOD</i></p>	<p>6 COLD PLATE Chef's Salad w/ spinach, hard-boiled eggs, & cheddar(241) Potato Salad(187) Hawaiian Dinner Roll(80) Fruit du Jour(varies) Salad dressing pkt(210)</p>	<p>7 Meatloaf with Gravy(258) Mashed Potato(161) Carrots(43) Wheat Bread(135) Fruit du Jour(varies)</p>	<p>8 Stuffed Shells with Meat Sauce & Parm garnish(558)* Kale & Corn(15) Wheat Roll(135) Fruit du Jour(varies)</p>
LABOR DAY	729 cals; 924mg sodium	831 cals; 874mg sodium	721 cals; 753mg sodium	647 cals; 868mg sodium
<p>11 Chicken with Rosemary Garlic Sauce(389) Polenta(14) Green Beans with Red Peppers(3) Wheat Bread(135) Yogurt(50)</p>	<p>12 HIGH SODIUM MEAL Salmon Teriyaki(615)* Brown & Wild Rice(115) California Veg(17) Wheat Bread(135) Iced Chocolate Cake(182) MOD:Applesauce Cup(15)</p>	<p>13 Rst Turkey w/Gravy(563) Roasted Rosemary Potato(121) Butternut Squash(0) Wheat Roll(135) Fruit du Jour(varies)</p>	<p>14 COLD PLATE Chicken Salad(97) Caprese Pasta Salad(163) Broccoli Salad with Italian Dressing(95) Pita Bread(215) Fruit du Jour(varies)</p>	<p>15 Pot Roast w/Gravy(212) Mashed Potato(161) Beets & Greens(81) Challah Bread(180) Fruit du Jour(varies)</p>
714 cals; 746mg sodium	797 cals; 1220mg sodium	775 cals; 975mg sodium	786 cals; 726mg sodium	751 cals; 803mg sodium
<p>18 Braised Beef w/Veg(70) Brown Rice Pilaf(83) Brussels Sprouts(12) Rye Bread(235) Pound Cake(240) MOD:Lorna Doones(147)</p>	<p>19 COLD PLATE Egg Salad(238) 3-Bean Salad(370) Cole Slaw(70) Hawaiian Bun(120) Fruit du Jour(varies)</p>	<p>20 Sloppy Joe(168) Macaroni & Cheese(323) Broccoli(9) LS Hamburger Bun(180) Fruit du Jour(varies)</p>	<p>21 Potato Pollock(330) Baked Beans(140) Spinach/Red Pepper(57) Wheat Bread(135) Pudding(135) MOD:Applesauce Cup(15) Tartar Sauce pkt(85)</p>	<p>22 Chicken "Pot Pie"(122) Butternut Squash(0) Biscuit(310) Fruit du Jour(varies)</p>
766 cals; 795mg sodium	792 cals; 954mg sodium	840 cals; 837mg sodium	695 cals; 1037mg sodium	838 cals; 597mg sodium
<p>25 Omelet with Swiss Cheese(323) Potato Pancakes(370) Kale(22) Cornbread(180) Applesauce Cup(15) Diet Syrup pkt(80)</p>	<p>26 Beef Stroganoff with Egg Noodles(179) Broccoli(9) Wheat Bread(135) Banana Cake(260) MOD:Lorna Doones(147)</p>	<p>27 Chicken Marsala(462) Mashed Potato(134) Carrots(43) Wheat Bread(135) Fruit du Jour(varies)</p>	<p>28 Lasagna with Meat Sauce & Parm garnish(488) Tuscan Veg(35) Wheat Roll(135) Yogurt(50)</p>	<p>29 COLD PLATE Tuna Salad(391) Mexican Street Corn Salad(67) Tomato-Zuke Salad(6) Pita Bread(215) Fruit du Jour(varies)</p>
796 cals; 1145mg sodium	925 cals; 738mg sodium	668 cals; 930mg sodium	666 cals; 863mg sodium	779 cals; 839mg sodium

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.