

ELDER NUTRITION PROGRAM

Nantucket County **NOVEMBER 2023**

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

508-228-4647



Elder Services

of Cape Cod and the Islands



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</u> <i>*indicates item w/ more than 500mg sodium.</i>	1 BBQ Pulled Pork(675)* Cheesy Grits(190) Collard Greens(43) Hawaiian Sweet Bun(120) Fruit du Jour(varies)	2 Turkey Meatloaf with Gravy(252) Tater Tots(230) Mashed Butternut Sq.(0) Wheat Roll(135) Yogurt(50)	3 Spaghetti & Meatballs with Marinara & Parm garnish(625)* Broccoli(9) Wheat Roll(135) Fruit du Jour(varies)
		826 cal; 1185mg sodium	762 cal; 822mg sodium	700 cal; 934mg sodium
6 Chicken "Pot Pie"(122) Brussels Sprouts(12) Biscuit(310) Fruit du Jour(varies)	7 Braised Beef with Veggies(70) Scalloped Potato(221) Green Beans(2) Rye Bread(235) Yogurt(50)	8 Cod with Tomato-Caper Cream Sauce with Orzo(551)* Kale & Corn(15) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	9 Broccoli & Cheese Stuffed Chicken(410) Sweet Potato Wedges(200) Peas(58) Whole Grain Bread(135) Fruit du Jour(varies)	10 SITES CLOSED 
785 cal; 604mg sodium	691 cal; 733mg sodium	725 cal; 1096mg sodium	718 cal; 959mg sodium	
13 Italian Pork Sausage with Cacciatore Sauce(656)* Polenta(14) Mixed Veg(9) Whole Grain Bread(135) Fruit du Jour(varies)	14 Chicken with Mushroom Cream Sauce(439) & Ravioli(220) California Veg(17) Wheat Roll(135) Fruit du Jour(varies)	15 Beef Chili(319) Peas(58) Cornbread(280) Fruit du Jour(varies)	16 Salmon with Mango-Pineapple Salsa(68) Brown Rice & Quinoa(86) Veg Medley(12) Whole Grain Bread(135) Pudding(135) MOD: SF Pudding(115)	17 High Sodium Meal Roast Turkey w/ Gravy & garnished with stuffing & cranberry sauce(634)* Mashed Potato/Gravy(168) Broccoli(9) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert
845 cal; 979mg sodium	837 cal; 967mg sodium	697 cal; 817mg sodium	655 cal; 591mg sodium	917 cal; 1361mg sodium
20 Thai Curry Chicken(397) Brown Rice Pilaf(83) Edamame & Corn(3) Wheat Roll(135) Fruit du Jour(varies)	21 Beef Wellington(210) Baked Potato(6) Carrots(43) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert Sour Cream(9)	22 Omelet with Provolone Cheese(370) Potato Wedges(20) Zucchini/Red Pepper(3) Blueberry Muffin(200) Yogurt(50)	23 SITES CLOSED 	24 Lasagna with Beef Bolognese & Parm garnish(488) Kale/Braised Beans(195) Whole Grain Bread(135) Fruit du Jour(varies)
730 cal; 774mg sodium	873 cal; 798mg sodium	802 cal; 798mg sodium		694 cal; 978mg sodium
27 Shepherd's Pie(282) Carrots(43) Wheat Roll(135) Yogurt(50)	28 Potato Pollock(330) Baked Beans(140) Broccoli/Red Pepper(6) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert Tartar Sauce pkt(85)	29 Tuscan Chicken with Pasta(498) Tuscan Veg(35) Cornbread(280) Fruit du Jour(varies)	30 Beef Stroganoff with Egg Noodles(179) Beets & Greens(81) Rye Bread(235) Fruit du Jour(varies)	
704 cal; 665mg sodium	888 cal; 1033mg sodium	773 cal; 968mg sodium	769 cal; 651mg 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.