

ELDER NUTRITION PROGRAM

Nantucket County APRIL 2024

508-228-4647



Elder Services
of Cape Cod and the Islands

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

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ham with Honey-Garlic Glaze(694)* Butternut Squash(0) Green Beans(2) Wheat Roll(135) Pudding(135) MOD: Diet Pudding(115)	2 Chicken Breast with Balsamic Plum Tomato Sauce(447) Creamy Polenta(14) Spinach(110) Whole Grain Bread(135) Fruit du Jour	3 Shrimp w/Tomato Cream Sauce(582)* Br.Rice&Quinoa Pilaf(86) Broccoli(9) Wheat Roll(135) Chocolate Cake(182) MOD:Lower-Carb Dessert	4 Meatloaf with Gravy(258) Mashed Potato with Gravy(161) Carrots(43) Wheat Bread(135) Fruit du Jour	5 Chicken Breast Alfredo with Fettuccini(527)* Kale, Corn, & Red Pepper(16) Garlic Toast(350) Fruit du Jour
650 cal; 1121mg sodium	734 cal; 862mg sodium	838 cal; 1149mg sodium	721 cal; 753mg sodium	823 cal; 1053mg sodium
8 Swedish Meatballs with Egg Noodles(434) Beets & Collards(81) Wheat Roll(135) Fruit du Jour	9 "Fenway" Frank(540)* Baked Beans(140) Zucchini & Red Peppers(3) Hot Dog Bun(240) Fruit du Jour Mustard pkt(55)	10 Beef Stew(169) Brussels Sprouts(12) Biscuit(310) Pudding(135) MOD: Diet Pudding(115)	11 COLD PLATE Chicken Salad(98) Potato Salad(187) Tomato-Corn Salad(11) Hawaiian Burger Bun(120) Sweet of the Week MOD:Lower-Carb Dessert	12 American Chop Suey with ground turkey & parm garnish(289) Broccoli(9) Cornbread(380) Fruit du Jour
721 cal; 807mg sodium	801 cal; 1135mg sodium	788 cal; 781mg sodium	874 cal; 718mg sodium	738 cal; 843mg sodium
15 SITES CLOSED 	16 Beef Stroganoff(175) Mashed Sweet Potato(35) Green Beans(2) Wheat Roll(135) Pound Cake(240) MOD:Lower-Carb Dessert	17 Chicken Breast Bruschetta with Orzo(530)* Tuscan Veg(35) Garlic Toast(350) Fruit du Jour	18 Omelet with Mozzarella(472) Home Fries with Onions & Peppers(54) Zucchini & Tomato(178) Muffin(180) Fruit du Jour	19 Stuffed Shells with Beef Bolognese & parm garnish(558)* Kale & Braised Beans(195) Whole Grain Bread(135) Fruit du Jour
PATRIOT'S DAY	829 cal; 742mg sodium	809 cal; 1071mg sodium	719 cal; 1040mg sodium	657 cal; 1043mg sodium
22 Braised Beef with Veggies(70) Baked Potato(6) Broccoli(9) Wheat Roll(135) Banana Cake(260) MOD:Lower-Carb Dessert Sour Cream pkt(9)	23 Rosemary Garlic Chicken Breast(388) Mashed Potato(134) Veg Medley(12) Whole Grain Bread(135) Fruit du Jour	24 COLD PLATE Egg Salad(239) Artichoke Couscous Salad(167) Cole Slaw(70) Hawaiian Burger Bun(120) Fruit du Jour	25 Potato Pollock(330) Cheesy Grits(190) California Veg(17) Wheat Roll(135) Yogurt(50) Tartar Sauce pkt(85)	26 Unstuffed Pepper Bowl with ground beef, rice, & cheddar(182) Spinach(110) Cornbread(380) Fruit du Jour
863 cal; 644mg sodium	674 cal; 825mg sodium	844 cal; 753mg sodium	730 cal; 962mg sodium	875 cal; 837mg sodium
29 Chicken Breast with Peach Sauce(351) Brown Rice & Beans(60) Green Beans & Red Pepper(3) Wheat Bread(135) Yogurt(50)	30 Roast Turkey with Gravy(563)* Roast Potato(120) Butternut Squash(0) Wheat Roll(135) Dried Cranberries(2) in Single-Serving Box	<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>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25 *indicates item w/ more than 500mg sodium.	 APRIL
693 cal; 754mg sodium	732 cal; 975mg 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.