

# ELDER NUTRITION PROGRAM

Nantucket County **JULY 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
<b>1</b> Beef Teriyaki(580)* Brown Rice Veg Pilaf(23) Broccoli(9) Whole Grain Bread(135) Iced Choc. Cake(182) MOD:Lower-Carb Dessert	<b>2</b> Hot Dog(540)* Corn & Red Peppers(4) Zucchini & Summer Squash(3) Hot Dog Bun(240) Fruit du Jour(varies) Ketchup pkt(82)	<b>3</b> BBQ Chicken Drumsticks(386) Cheesy Grits(190) Beets & Collards(81) Wheat Roll(135) Fruit du Jour(varies)	<b>4 SITES CLOSED</b> 	<b>5</b> Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Peas & Carrots(51) Whole Grain Bread(135) Fruit du Jour(varies)
<b>818 cal; 1084mg sodium</b>	<b>728 cal; 1026mg sodium</b>	<b>757 cal; 948mg sodium</b>		<b>724 cal; 767mg sodium</b>
<b>8</b> Chicken Bruschetta with Orzo(422) Tuscan Veg(35) Garlic Bread(350) Yogurt(50)	<b>9</b> Beef Stroganoff(170) Mashed Sweet Potato(35) Brussels Sprouts(12) Wheat Roll(135) Fruit du Jour(varies)	<b>10</b> Stuffed Shells with Beef Bolognese & parm garnish(559)* Veg Medley(12) Whole Grain Bread(135) Pound Cake(240) MOD:Lower-Carb Dessert	<b>11 COLD PLATE</b> Egg Salad with lettuce & sliced tomato(240) Three-Bean Salad(370) Broccoli Salad(95) 1/2 Pita Bread(215) Fruit du Jour(varies)	<b>12</b> Cajun Shrimp(516)* Brown Rice & Beans(60) Green Beans & Red Peppers(3) Cornbread(280) Fruit du Jour(varies)
<b>794 cal; 1012mg sodium</b>	<b>743 cal; 508mg sodium</b>	<b>732 cal; 1101mg sodium</b>	<b>774 cal; 1076mg sodium</b>	<b>778 cal; 1016mg sodium</b>
<b>15</b> Broccoli & Cheese Stuffed Chicken(410) Butternut Squash(0) Veg Medley(12) Wheat Roll(135) Raisins(4) in single-serving bag	<b>16</b> Potato Pollock(330) Kale & Braised Beans(195) Peas & Carrots(51) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert Tartar Sauce pkt(85)	<b>17 COLD PLATE</b> Roast Beef with Provolone Cheese(320) Potato Salad(187) Tomato-Zuke Salad(6) Hamburger Bun(240) Fruit du Jour(varies) Mayo pkt(55)	<b>18</b> Omelet with Mozzarella(4) Home Fries with Peppers & Onions(54) Stewed Tomatoes(290) Muffin(120) Yogurt(50)	<b>19</b> Chicken Florentine with Bowtie Pasta(540)* California Veg(17) Cornbread(280) Apple Slices(10) in tray
<b>687 cal; 716mg sodium</b>	<b>719 cal; 1098mg sodium</b>	<b>915 cal; 965mg sodium</b>	<b>731 cal; 1141mg sodium</b>	<b>693 cal; 1002mg sodium</b>
<b>22</b> White Chili with Chicken, Chickpeas, Corn, & Sweet Potato(277) Peas(58) Whole Grain Bread(135) Pudding(135)	<b>23</b> Lasagna with Beef Bolognese & parm garnish(499) Broccoli(9) Wheat Roll(135) Fig Newtons(210) MOD:Lower-Carb Dessert	<b>24</b> Lemon Rosemary Chicken(146) Baked Potato(6) Spinach(110) Whole Grain Bread(135) Fruit du Jour(varies) Sour Cream(9)	<b>25 COLD PLATE</b> Ham w/Swiss Chz(607)* Artichoke Couscous Salad(168) Cole Slaw(70) Hawaiian Bun(120) Fruit du Jour(varies) Mustard pkt(55)	<b>26</b> Beef Stew(169) Kale & Corn(15) Biscuit(310) Fruit du Jour(varies)
<b>688 cal; 760mg sodium</b>	<b>766 cal; 1008mg sodium</b>	<b>754 cal; 562mg sodium</b>	<b>731 cal; 1177mg sodium</b>	<b>751 cal; 650mg sodium</b>
<b>29</b> Chicken Alfredo with Fettuccini(419) California Veg(17) Wheat Roll(135) Banana Cake(260) MOD:Lower-Carb Dessert	<b>30</b> Roast Turkey with Gravy(564)* Mashed Potato w/Gravy(1) Green Beans/Red Pepp Cornbread(280) Fruit du Jour(varies)	<b>31 COLD PLATE</b> Tuna Salad with lettuce & sliced tomato(393) Chickpea Mediterranean Carrot Raisin Salad(212) Hawaiian Bun(120) Fruit du Jour(varies)	Thank you for your <b>voluntary donation of \$4.00 per meal towards actual cost of \$20.25</b>  *indicates item w/ more than 500mg sodium.	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.
<b>833 cal; 986mg sodium</b>	<b>745 cal; 1174mg sodium</b>	<b>815 cal; 1029mg sodium</b>		

**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.