

# ELDER NUTRITION PROGRAM

Nantucket County **AUGUST 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
<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 &amp; 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><b>1</b> Braised Beef w/ Veg(70) Baked Potato(6) Zucchini &amp; Summer Squash(3) Whole Grain Bread(135) Pudding(135) Sour Cream pkt(9)</p>	<p><b>2</b> Spaghetti &amp; Meatballs with Marinara Sauce &amp; parm garnish(541)* Brussels Sprouts(12) Garlic Bread(350) Fruit du Jour(varies)</p>
			<b>717 cals; 513mg sodium</b>	<b>806 cals; 1063mg sodium</b>
<p><b>5</b> Beef Fajita Bowl(394) Brown Rice &amp; Beans(60) Mixed Veg(9) Whole Grain Bread(135) Dried Cranberries(2) in single-serving bag</p>	<p><b>6</b> Chicken with Mushroom Cream Sauce(209) Mash. Sweet Potato(35) Zucchini(2) Wheat Roll(135) Pound Cake(240) MOD:Lower-Carb Dessert</p>	<p><b>7</b> BBQ Pulled Pork(573)* Cheesy Grits(190) Broccoli(9) Hawaiian Bun(120) Fruit du Jour(varies)</p>	<p><b>8 COLD PLATE</b> Chef Salad with spinach, hard-boiled eggs, &amp; cheddar(241) Potato Salad(187) Cornbread(280) Fruit du Jour(varies) Salad Dressing pkt(210)</p>	<p><b>9</b> Ravioli with Sage Cream Sauce(448) California Veg(17) Whole Grain Bread(135) Fruit du Jour(varies)</p>
<b>729 cals; 755mg sodium</b>	<b>852 cals; 776mg sodium</b>	<b>743 cals; 1049mg sodium</b>	<b>879 cals; 1073mg sodium</b>	<b>726 cals; 765mg sodium</b>
<p><b>12</b> Chicken with Abruzzi Sauce(232) Roasted Rosemary Potato(121) Tuscan Veg(35) Wheat Roll(135) Raisins(4) in single-serving bag</p>	<p><b>13</b> Beef &amp; Broccoli Stir-fry(194) Veg Rice Pilaf(23) Whole Grain Bread(135) Banana Cake(260) MOD:Lower-Carb Dessert</p>	<p><b>14 COLD PLATE</b> Turkey &amp; Swiss Cheese on bed of lettuce(347) Artichoke Couscous Salad(168) Cole Slaw(70) Hawaiian Bun(120) Fruit du Jour(varies) Mayo pkt(55)</p>	<p><b>15</b> Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Veg Medley(12) Whole Grain Bread(135) Yogurt(50)</p>	<p><b>16</b> Salmon Piccata over Bowtie Pasta(233) Beets &amp; Greens(81) Cornbread(280) Fruit du Jour(varies)</p>
<b>767 cals; 682mg sodium</b>	<b>765 cals; 767mg sodium</b>	<b>804 cals; 916mg sodium</b>	<b>745 cals; 773mg sodium</b>	<b>743 cals; 749mg sodium</b>
<p><b>19</b> Omelet with Monterey Jack Cheese(411) Tater Tots(230) Broccoli(9) Muffin(120) Yogurt(50)</p>	<p><b>20</b> Chicken Marsala(232) Roast Sweet Potato(36) Green Beans(2) Whole Grain Bread(135) Fruit du Jour(varies)</p>	<p><b>21</b> Shepherd's Pie with Mashed Potato &amp; Gravy(284) Carrots(43) Wheat Roll(135) Fig Newton(210) MOD:Lower-Carb Dessert</p>	<p><b>22 COLD PLATE</b> Macaroni Salad with Diced Chicken, Onions, &amp; Peppers(236) Tomato-Zuke Salad(7) Garlic Bread(350) Fruit du Jour(varies)</p>	<p><b>23</b> Beef Stroganoff over Egg Noodles(179) Kale &amp; Corn(15) Whole Grain Bread(135) Fruit du Jour(varies)</p>
<b>817 cals; 975mg sodium</b>	<b>746 cals; 561mg sodium</b>	<b>814 cals; 827mg sodium</b>	<b>937 cals; 748mg sodium</b>	<b>766 cals; 489mg sodium</b>
<p><b>26</b> Rst Turkey w/Gravy(563) Baked Potato(6) California Veg(17) Whole Grain Bread(135) Lorna Doones(147) for both reg &amp; MOD Sour Cream pkt(9)</p>	<p><b>27</b> Stuffed Shells with Beef Bolognese &amp; parm garnish(559)* Veg Medley(12) Wheat Roll(135) Pudding(135)</p>	<p><b>28 COLD PLATE</b> Mediterranean Quinoa Salad with Chicken(240) Mexican Corn Salad(67) 1/2 Pita Bread(215) Fruit du Jour(varies)</p>	<p><b>29</b> Potato Pollock(330) Butternut Squash(0) Green Beans with Red Peppers(3) Cornbread(280) Fruit du Jour(varies) Tartar Sauce pkt(85)</p>	<p><b>30</b> Chicken Pot Pie(122) Kale &amp; Braised Beans(195) Biscuit(310) Fruit du Jour(varies)</p>
<b>726 cals; 1032mg sodium</b>	<b>682 cals; 996mg sodium</b>	<b>819 cals; 677mg sodium</b>	<b>733 cals; 855mg sodium</b>	<b>825 cals; 792mg 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.