

**ELDER NUTRITION PROGRAM**

**Nantucket County SEPTEMBER 2024**

508-228-4647



**Elder Services**

of Cape Cod and the Islands

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



**Menu subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2 SITES CLOSED</b></p> <p><b>HAPPY LABOR DAY</b></p>	<p><b>3</b> Cheddar Burger(360) Kale &amp; Beans(195) Zucchini(2) Hamburger Bun(140) Applesauce Cup(15) Ketchup pkt(82)</p>	<p><b>4</b> Chicken Piccata(221) Mashed Sweet Potato(35) Green Beans(2) Wheat Roll(135) Chocolate Cake(182) MOD:Lower-Carb Dessert</p>	<p><b>5 COLD PLATE</b> Tuna Salad with lettuce &amp; sliced tomato(393) Pea Salad(192) Tomato-Cuke Salad(15) 1/2 Pita(215) Fruit du Jour(varies)</p>	<p><b>6</b> Thai Curry Beef(277) Brown Rice Pilaf(84) Edamame &amp; Corn(3) Whole Grain Bread(135) Fruit du Jour(varies)</p>
	<b>752 cal; 949mg sodium</b>	<b>897 cal; 730mg sodium</b>	<b>844 cal; 971mg sodium</b>	<b>769 cal; 655mg sodium</b>
<p><b>9</b> BBQ Pulled Pork(573)* Cheesy Grits(190) Broccoli(9) Hawaiian Burger Bun(120) Applesauce Cup(15)</p>	<p><b>10</b> Tuscan Chicken(266) Orzo(2) Brussels Sprouts(12) Wheat Roll(135) Banana Cake(260) MOD:Lower-Carb Dessert</p>	<p><b>11 COLD PLATE</b> Egg Salad with lettuce &amp; sliced tomato(240) Caprese Pasta Salad(123) Zucchini Salad(119) 1/2 Pita(215) Yogurt(50)</p>	<p><b>12</b> Beef Stew(169) Beets &amp; Collard Greens(81) Biscuit(310) Fruit du Jour(varies)</p>	<p><b>13</b> Turkey Meatloaf with Gravy(253) Cheesy Mashed Potato(228) Peas &amp; Carrots(51) Whole Grain Bread(135) Fruit du Jour(varies)</p>
	<b>740 cal; 1062mg sodium</b>	<b>935 cal; 902mg sodium</b>	<b>766 cal; 716mg sodium</b>	<b>692 cal; 832mg sodium</b>
<p><b>16</b> Harvest-Roasted Chicken Breast(333) Baked Potato(6) Kale &amp; Corn(15) Wheat Roll(135) Pudding(135) Sour Cream pkt(9)</p>	<p><b>17</b> Beef Stroganoff with Egg Noodles(179) California Veg(17) Whole Grain Bread(135) Pound Cake(240) MOD:Lower-Carb Dessert</p>	<p><b>18</b> Shrimp with Tomato-Cape Cod Cream Sauce(656)* Brown Rice &amp; Beans(60) Veg Medley(12) Wheat Roll(135) Fruit du Jour(varies)</p>	<p><b>19 COLD PLATE</b> Chicken Salad with lettuce &amp; sliced tomato(102) Three-Bean Salad(370) Carrot-Raisin Salad(212) Hawaiian Burger Bun(120) Fruit du Jour(varies)</p>	<p><b>20</b> Lasagna with Beef Bolognese &amp; parm garnish(489) Broccoli(9) Garlic Bread(350) Fruit du Jour(varies)</p>
	<b>705 cal; 788mg sodium</b>	<b>701 cal; 1019mg sodium</b>	<b>720 cal; 960mg sodium</b>	<b>766 cal; 1013mg sodium</b>
<p><b>23</b> Braised Beef with Veggies(70) Scalloped Potato(221) Green Beans(2) Whole Grain Bread(135) Fig Newtons(210) MOD:Lower-Carb Dessert</p>	<p><b>24</b> Omelet w/Provolone(399) Potato Wedges(20) Spinach with Red Pepper(57) Muffin(220) Fruit du Jour(varies)</p>	<p><b>25 COLD PLATE</b> Sliced Ham &amp; Swiss Cheese(607)* Cole Slaw(70) Broccoli Salad with Italian Dressing(95) Hamburger Bun(140) Fruit du Jour(varies) Mustard pkt(55)</p>	<p><b>26</b> Roast Turkey with Gravy(563)* Roasted Rosemary Potato(121) Butternut Squash(0) Whole Grain Bread(135) Yogurt(50)</p>	<p><b>27</b> Chicken Cacciatore with Pasta(523)* Mixed Veg(30) Garlic Bread(350) Fruit du Jour(varies)</p>
	<b>801 cal; 793mg sodium</b>	<b>679 cal; 1123mg sodium</b>	<b>796 cal; 1025mg sodium</b>	<b>802 cal; 1058mg sodium</b>
<p><b>30</b> Unstuffed Pepper Bowl with ground beef, rice, &amp; cheddar(183) Stewed Tomatoes(290) Wheat Roll(135) Applesauce Cup(15)</p>	<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>		
<b>754 cal; 778mg 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.**