

ELDER NUTRITION PROGRAM

Nantucket County **OCTOBER 2024**

508-228-4647



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

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 & have them with another meal or snack.</i>	1 Chicken with Peach Sauce(244) Scalloped Potatoes(221) California Veg(17) Wheat Bread(135) Sweet of the Week MOD:Lower-Carb Dessert	2 Salmon Teriyaki(590)* Brown Rice & Beans(60) Veg Medley(12) Hawaiian Dinner Roll(80) Fruit du Jour(varies)	3 COLD PLATE Macaroni Salad w/ Diced Chicken & Craisins(236) Tomato-Zuke Salad(7) Garlic Bread(350) Fruit du Jour(varies)	4 Shepherd's Pie with Mashed Potato & Gravy(284) Beets & Collards(81) Wheat Bread(135) Fruit du Jour(varies)
	822 cals; 954mg sodium	685 cals; 899mg sodium	980 cals; 748mg sodium	684 cals; 660mg sodium
7 Swedish Meatballs with Egg Noodles(435) Spinach with Red Pepper(57) Wheat Bread(135) Fruit du Jour(varies)	8 Lemon-Herb Cod(284) Brown Rice Pilaf(84) Broccoli(9) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	9 Harvest Roasted Chicken(255) Potatoes Au Gratin(335) Peas & Carrots(51) Wheat Bread(135) Fruit du Jour(varies)	10 Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Green Beans with Red Pepper(3) Wheat Roll(135) Pudding(135)	11 Stuffed Shells with Turkey Bolognese & parm garnish(552)* Veg Medley(12) Garlic Bread(350) Fruit du Jour(varies)
724 cals; 792mg sodium	682 cals; 907mg sodium	716 cals; 902mg sodium	746 cals; 849mg sodium	744 cals; 1079mg sodium
14 SITES CLOSED 	15 BBQ Pulled Pork(573)* Cheesy Grits(190) Zucchini with Red Pepper(3) Hawaiian Burger Bun(120) Fruit du Jour(varies)	16 Omelet with Swiss Cheese(323) Roast Potato(120) Spinach(110) Muffin(120) Fruit du Jour(varies)	17 Mediterranean Chicken with Orzo(526)* Broccoli(9) Wheat Bread(135) Sweet of the Week MOD:Lower-Carb Dessert	18 Beef Stew(169) Brussels Sprouts(12) Biscuit(310) Fruit du Jour(varies)
	732 cals; 1056mg sodium	795 cals; 829mg sodium	786 cals; 1035mg sodium	738 cals; 656mg sodium
21 Chicken Cordon Royale(550)* Mashed Potato(135) Mixed Veg(30) Wheat Bread(135) Yogurt(50)	22 Cheddar Burger(360) LS Potato Wedges(20) Broccoli(9) Hawaiian Burger Bun(120) Fruit du Jour(varies) Ketchup pkt(82)	23 Roast Turkey with Gravy(564)* Baked Potato(6) Mashed Butternut(0) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert Sour Cream pkt(9)	24 Beef Stroganoff with Egg Noodles(179) Spinach(110) Wheat Bread(135) Fruit du Jour(varies)	25 Chicken with Balsamic Plum Tomato Sauce over Pasta(343) Veg Medley(12) Garlic Bread(350) Fruit du Jour(varies)
701 cals; 1055mg sodium	780 cals; 748mg sodium	783 cals; 1016mg sodium	761 cals; 580mg sodium	769 cals; 870mg sodium
28 Beef Fajita Bowl(394) Brown Rice & Quinoa Pilaf(87) Carrots(43) Wheat Roll(135) Pudding(135)	29 Chicken "Pot Pie"(98) Spinach with Red Pepper(57) Biscuit(310) Fruit du Jour(varies)	30 Potato Pollock(330) Roast Sweet Potato(36) Green Beans(2) Wheat Bread(135) Fruit du Jour(varies) Tartar Sauce pkt(85)	31 Happy Halloween! Chicken Drumsticks with Stewed Tomato(335) Tortellini(225) Broccoli(9) Garlic Bread(350) Halloween Dessert MOD:Lower-Carb Dessert	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25 <i>*indicates item with more than 500mg sodium.</i>
704 cals; 949mg sodium	799 cals; 621mg sodium	684 cals; 758mg sodium	991 cals; 1164mg 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.