

ELDER NUTRITION PROGRAM

Nantucket County **NOVEMBER 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><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></p> | <p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</p> <p><i>*indicates item w/ more than 500mg sodium.</i></p> | | | <p>1 Lasagna with Beef Bolognese & parm garnish(489) Kale & Corn(15) Whole Grain Bread(135) Fruit du Jour(varies)</p> <hr/> <p>665 cal; 804mg sodium</p> |
| <p>4 Chicken Alfredo with Fettuccini(419) California Veg(17) Wheat Roll(135) Pudding(135)</p> | <p>5 Diced Pork with Spiced Apple(65) Roast Sweet Potato(36) Veg Medley(12) Whole Grain Bread(135) Pound Cake(240) MOD:Lower-Carb Dessert</p> | <p>6 COLD PLATE Sliced Roast Beef & Provolone Cheese(349) Carrot Raisin Salad(212) Tomato Zuke Salad(7) Hawaiian Burger Bun(120) Fruit du Jour(varies) Mayo pkt(55)</p> | <p>7 Turkey Meatloaf with Gravy(253) Cheesy Mashed Potato(228) Spinach(110) Wheat Roll(135) Fruit du Jour(varies)</p> | <p>8 Beef Wellington(210) Roasted Rosemary Potato(121) Broccoli(9) Garlic Bread(350) Fruit du Jour(varies)</p> |
| 693 cal; 861mg sodium | 725 cal; 643mg sodium | 802 cal; 899mg sodium | 679 cal; 883mg sodium | 962 cal; 850mg sodium |
| <p>11 SITES CLOSED</p> | <p>12 Hot Dog(540)* Corn with Red Pepper(4) Green Beans(2) LS Hot Dog Bun(140) Fruit du Jour(varies) Mustard pkt(55)</p> | <p>13 Braised Beef w/ Veg(70) Baked Potato(6) Broccoli(9) Whole Grain Bread(135) Banana Cake(260) MOD:Lower-Carb Dessert Sour Cream pkt(9)</p> | <p>14 Chicken Anna Maria(393) Butternut Ravioli's(110) Zucchini/Red Pepper(3) Wheat Roll(135) Fruit du Jour(varies)</p> | <p>15 Cajun Shrimp(513)* Rice & Beans(60) Beets & Collard Greens(81) Cornbread(180) Fruit du Jour(varies)</p> |
| | 747 cal; 911mg sodium | 863 cal; 644mg sodium | 660 cal; 797mg sodium | 814 cal; 991mg sodium |
| <p>18 Broccoli & Cheese Stuffed Chicken(410) Roast Sweet Potato(36) Peas(58) Whole Grain Bread(135) Fruit du Jour(varies)</p> | <p>19 Beef Fajita Bowl(394) Brown Rice & Quinoa Pilaf(87) Broccoli(9) Wheat Roll(135) Fruit du Jour(varies)</p> | <p>20 American Chop Suey with parm garnish(291) Mixed Veg(30) Whole Grain Bread(135) Pudding(135)</p> | <p>21 Omelet with Monterrey Jack Cheese(411) Home Fries with Peppers & Onions(54) Spinach(110) Muffin(120) Fruit du Jour(varies)</p> | <p>22 Roast Turkey with Gravy & Cranberry sauce garnish(569)* Mashed Potato(135) Veg Medley(12) Wheat Roll(135) Sweet of the Week MOD:Applesauce Cup(15)</p> |
| 717 cal; 809mg sodium | 674 cal; 781mg sodium | 696 cal; 746mg sodium | 718 cal; 851mg sodium | 877 cal; 1188mg sodium |
| <p>25 Beef Stroganoff with Egg Noodles(179) California Veg(17) Whole Grain Bread(135) Fruit du Jour(varies)</p> | <p>26 Chicken Cacciatore with Pasta(325) Tuscan Veg(35) Cornbread(180) Fruit du Jour(varies)</p> | <p>27 Pork with Mustard Wine Sauce(217) Roasted Potato(120) Broccoli/Red Pepper(6) Wheat Roll(135) Fig Newtons(210) MOD:Lower-Carb Dessert</p> | <p>28 SITES CLOSED</p> | <p>29 Chicken Bruschetta(420) Polenta(14) Brussels Sprouts(12) Garlic Bread(350) Fruit du Jour(varies)</p> |
| 731 cal; 487mg sodium | 750 cal; 695mg sodium | 839 cal; 843mg sodium | | 826 cal; 961mg 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.