

# ELDER NUTRITION PROGRAM

**Nantucket County**    **DECEMBER 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
<b>2</b> Chicken Cordon Royale(550)* Baked Potato(6) Broccoli/Red Pepper(6) Wheat Roll(135) Pudding(135) Sour Cream pkt(9)	<b>3</b> Beef Stew(169) Beets & Collard Greens(81) Biscuit(310) Fruit du Jour(varies)	<b>4</b> Salmon Florentine(195) Tortellini(225) Peas(58) Whole Grain Bread(135) Fruit du Jour(varies)	<b>5</b> Chicken Breast Marsala(354) Polenta(14) California Veg(17) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>6</b> Shepherd's Pie with Mashed Potato & Gravy(284) Kale & Braised Beans(195) Whole Grain Bread(135) Fruit du Jour(varies)
<b>743 cal; 996mg sodium</b>	<b>766 cal; 716mg sodium</b>	<b>678 cal; 769mg sodium</b>	<b>802 cal; 885mg sodium</b>	<b>725 cal; 779mg sodium</b>
<b>9</b> Diced Pork with Mustard-Wine Sauce(217) Roast Potato(120) California Veg(17) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>10</b> Rosemary Garlic Chicken Thigh(159) Roast Sweet Potato(36) Green Beans(2) Whole Grain Bread(135) Fruit du Jour(varies)	<b>11</b> Beef Stroganoff with Egg Noodles(179) Spinach/Red Pepper(57) Wheat Roll(135) Fruit du Jour(varies)	<b>12</b> Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Carrots(43) Whole Grain Bread(135) Yogurt(50)	<b>13</b> Stuffed Shells with Turkey Bolognese & parm garnish(552)* Brussels Sprouts(12) Garlic Bread(270) Fruit du Jour(varies)
<b>783 cal; 791mg sodium</b>	<b>746 cal; 488mg sodium</b>	<b>764 cal; 527mg sodium</b>	<b>734 cal; 804mg sodium</b>	<b>668 cal; 999mg sodium</b>
<b>16</b> Thai Curry Beef with Brown & Wild Rice(259) Mixed Veg(30) Whole Grain Bread(135) Fruit du Jour(varies)	<b>17</b> LS Ham with Maple Glaze(599)* Mashed Potato(135) Carrots(43) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>18</b> Tuscan Chicken Breast with Pasta(390) Broccoli & Corn(6) Whole Grain Bread(135) Pudding(135)	<b>19</b> Potato Pollock(330) Black Beans & Brown Rice(60) Spinach(110) Wheat Roll(135) Fruit du Jour(varies) Tartar Sauce pkt(85)	<b>20</b> Roast Turkey with Gravy(436) Roast Potato(120) Butternut(0) Cornbread(180) Fruit du Jour(varies)
<b>721 cal; 589mg sodium</b>	<b>771 cal; 1172mg sodium</b>	<b>715 cal; 821mg sodium</b>	<b>721 cal; 876mg sodium</b>	<b>773 cal; 901mg sodium</b>
<b>23</b> Cheddar Omelet with Peppers & Onions(426) Sweet Potato & Black Beans(80) Muffin(220) Fruit du Jour(varies)	<b>24</b> Swedish Meatballs with Egg Noodles(414) Zucchini/Red Peppers(3) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>25 SITES CLOSED</b> 	<b>26</b> Chicken with Mushroom Cream Sauce(331) Potato Latkes(370) Kale(22) Cornbread(180) Fruit du Jour(varies)	<b>27</b> Lasagna with Beef Bolognese & parm garnish(499) Broccoli(9) Garlic Bread(270) Fruit du Jour(varies)
<b>789 cal; 891mg sodium</b>	<b>891 cal; 967mg sodium</b>		<b>840 cal; 1073mg sodium</b>	<b>701 cal; 938mg sodium</b>
<b>30</b> Beef Chili(321) Spinach(110) Cornbread(180) Yogurt(50)	<b>31</b> Hawaiian Chicken Breast(330) Edamame & Corn(3) California Veg(17) Hawaiian Dinner Roll(80) Sweet of the Week MOD:Lower-Carb Dessert	<i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; have them with another meal or snack.</i>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25  *indicates item w/ more than 500mg sodium.	
<b>702 cal; 816mg sodium</b>	<b>773 cal; 767mg 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.