

ELDER NUTRITION PROGRAM

Nantucket County **JANUARY 2025**

508-228-4647



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 SITES CLOSED</p> 	<p>2 Braised Beef w/ Veg(70) Cheesy Mash. Potato(228) Green Beans(2) Wheat Bread(135) Fruit du Jour(varies)</p>	<p>3 American Chop Suey with parm garnish(291) Peas & Carrots(51) Garlic Bread(270) Fruit du Jour(varies)</p>
			709 cal; 591mg sodium	721 cal; 777mg sodium
<p>6 Chicken with Balsamic Tomato Sauce(341) Roast Potato(120) California Veg(17) Wheat Roll(135) Pudding(135)</p>	<p>7 Sloppy Joe with ground beef & turkey(168) Tater Tots(230) Spinach(110) Hawaiian Burger Bun(120) Fruit du Jour(varies)</p>	<p>8 Diced Pork with Lemon-Rosemary Sauce(113) Roast Sweet Potato(36) Zucchini(2) Wheat Bread(135) Pound Cake(240) MOD:Lower-Carb Dessert</p>	<p>9 Spaghetti & Meatballs with Marinara & parm garnish(541)* Green Beans & Red Pepper(3) Garlic Bread(270) Fruit du Jour(varies)</p>	<p>10 Cajun Shrimp(513)* Black Beans & Rice(76) Broccoli(9) Cornbread(380) Fruit du Jour(varies)</p>
719 cal; 903mg sodium	754 cal; 784mg sodium	791 cal; 681mg sodium	731 cal; 971mg sodium	758 cal; 1135mg sodium
<p>13 Beef Stew(169) Beets & Collards(81) Biscuit(310) Fruit du Jour(varies)</p>	<p>14 Chicken Drumsticks Stewed in Tomatoes(312) Tortellini(225) California Veg(17) Wheat Roll(135) Pudding(135)</p>	<p>15 Potato Pollock(330) Black Beans & Rice(76) Spinach/Red Pepper(57) Wheat Bread(135) Fruit du Jour(varies) Tartar Sauce pkt(85)</p>	<p>16 Roast Turkey with Gravy(436) Baked Potato(6) Butternut Squash(0) Wheat Roll(135) Lorna Doones(147) <i>for both reg & MOD</i> Sour Cream pkt(9)</p>	<p>17 Homemade Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Mixed Veg(30) Wheat Bread(135) Fruit du Jour(varies)</p>
741 cal; 725mg sodium	705 cal; 979mg sodium	666 cal; 839mg sodium	746 cal; 888mg sodium	707 cal; 751mg sodium
<p>20 SITES CLOSED</p> 	<p>21 Omelet with Provolone Cheese(370) LS Potato Wedges(15) Spinach(110) Cranberry-Orange Snack Loaf(120) Fruit du Jour(varies)</p>	<p>22 Chicken Anna Maria with Pasta(395) Corn with Red Pepper(4) Wheat Roll(135) Fig Newtons(210) MOD:Lower-Carb Dessert</p>	<p>23 Salmon Piccata(206) Roast Sweet Potato(36) Peas(58) Wheat Bread(135) Fruit du Jour(varies)</p>	<p>24 Ground Beef & Pepper Bowl with Rice & Cheddar(205) Zucchini(2) Hawaiian Dinner Roll(80) Fruit du Jour(varies)</p>
Martin Luther King Day	730 cal; 785mg sodium	782 cal; 899mg sodium	744 cal; 591mg sodium	761 cal; 443mg sodium
<p>27 Chicken Cordon Royale(550)* Butternut Squash(0) Peas & Corn(31) Wheat Bread(135) Yogurt(50)</p>	<p>28 Diced Pork with Spiced Apple Slices(65) Scalloped Potato(221) Green Beans & Red Pepper(3) Cornbread(380) Fruit du Jour(varies)</p>	<p>29 CHINESE NEW YEAR Beef & Broccoli Stir-Fry(189) Brown Rice Pilaf(84) Carrots(43) Wheat Roll(135) Chocolate Cake(182) MOD:Lower-Carb Dessert</p>	<p>30 Chicken "Pot Pie"(98) Spinach(110) Biscuit(310) Fruit du Jour(varies)</p>	<p>31 Ravioli with Beef Bolognese & parm garnish(499) Brussels Sprouts(12) Garlic Bread(270) Fruit du Jour(varies)</p>
717 cal; 921mg sodium	696 cal; 826mg sodium	811 cal; 788mg sodium	800 cal; 674mg sodium	722 cal; 936mg 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.