

ELDER NUTRITION PROGRAM




Nantucket County **FEBRUARY 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
3 Chicken Marsala(354) Roast Sweet Potato(36) Green Beans(2) Wheat Roll(135) Pudding(135) MOD: SF Pudding(135)	4 Beef Chili(321) Spinach(110) Cornbread(380) Fruit du Jour(varies)	5 Shrimp with Abruzzi Sauce over Angel Hair Pasta(494) California Veg(17) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert	6 Broccoli & Cheese Stuffed Chicken(410) Roasted Potato(120) Peas & Carrots(51) Wheat Roll(135) Fruit du Jour(varies)	7 Beef Stroganoff over Egg Noodles(179) Kale, Corn, & Red Pepper(16) Whole Grain Bread(135) Mixed Fruit(10)
720 cal; 817mg sodium	697 cal; 967mg sodium	725 cal; 1061mg sodium	715 cal; 872mg sodium	751 cal; 495mg sodium
10 Pork with Gravy(98) Cheesy Mashed Potato(228) Green Beans with Red Pepper(3) Cornbread(380) Fruit du Jour(varies)	11 Stuffed Shells with Beef Bolognese & parm garnish(559)* Broccoli(9) Garlic Bread(270) Fruit du Jour(varies)	12 Thai Curry Beef(143) Brown Rice Pilaf(84) Spinach(110) Wheat Roll(135) Fruit du Jour(varies)	13 Chicken Cacciatore(531) Polenta(14) California Veg(17) Whole Grain Bread(135) Yogurt(50)	14 Happy Valentine's Day Roast Turkey with Gravy(436) Baked Potato(6) Sour Cream pkt(9) Veg Medley(12) Whole Grain Bread(135) Valentine's Day Dessert MOD:Lower-Carb Dessert
848 cal; 866mg sodium	689 cal; 995mg sodium	735 cal; 628mg sodium	814 cal; 902mg sodium	829 cal; 935mg sodium
17 SITES CLOSED 	18 Braised Beef w/ Veg(70) Mashed Sweet Potato(35) Zucchini(2) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert	19 Mediterranean Chicken with Penne Pasta(418) Garlic Bread(270) Fruit du Jour(varies)	20 Homemade Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Mixed Veg(30) Wheat Roll(135) Fruit du Jour(varies)	21 Mozzarella Omelet(425) Potato Wedges(15) Spinach with Red Pepper(57) Cranberry Orange Snack Loaf(120) Cinn. Apple Slices(10)
	731 cal; 637mg sodium	712 cal; 853mg sodium	710 cal; 743mg sodium	704 cal; 782mg sodium
24 Cheddar Burger(360) Ketchup pkt(82) Black Beans, Corn, & Red Pepper(66) Broccoli(9) Hawaiian Burger Bun(120) Yogurt(50)	25 Chicken Alfredo with Fettuccini(627)* Mixed Veg(30) Wheat Roll(135) Fruit du Jour(varies)	26 Pork with Spiced Apple Slices(65) Mashed Potato(135) Beets & Collards(81) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	27 Pollock w/ Tomato Caper Cream Sauce(523)* Roast Sweet Potato(36) Peas(58) Whole Grain Bread(135) Fruit du Jour(varies)	28 Swedish Meatballs over Egg Noodles(414) Brussels Sprouts(12) Whole Grain Bread(135) Fruit du Jour(varies)
750 cal; 842mg sodium	754 cal; 948mg sodium	708 cal; 781mg sodium	732 cal; 908mg sodium	705 cal; 716mg sodium
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.	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25 *indicates item w/ more than 500mg 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.