

# ELDER NUTRITION PROGRAM

Nantucket County **MARCH 2025**

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>3</b> Chicken Cordon Royale(550)* Mashed Potato(135) Carrots(56) Wheat Roll(135) Yogurt(50)	<b>4</b> Beef Stroganoff(171) Egg Noodles(4) Spinach with Red Pepper(73) Whole Grain Bread(135) Fruit du Jour(varies)	<b>5</b> Potato Pollock(330) Roast Sweet Potato(36) Green Beans(20) Wheat Roll(135) Fruit du Jour(varies) Tartar Sauce pkt(85)	<b>6</b> Chicken with Mushroom Cream Sauce(397) Rosemary Roast Potato(121) California Veg(34) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>7</b> Lasagna with Marinara & parm garnish(515)* Broccoli(26) Garlic Toast(270) Fruit du Jour(varies)
<b>705 cal; 1081mg sodium</b>	<b>777 cal; 539mg sodium</b>	<b>698 cal; 763mg sodium</b>	<b>810 cal; 989mg sodium</b>	<b>652 cal; 976mg sodium</b>
<b>10</b> Pork with Hawaiian Sauce(175) Au Gratin Potato(335) Peas(76) Hawaiian Roll(80) Fruit du Jour(varies)	<b>11</b> American Chop Suey with ground turkey & parm garnish(269) California Veg(34) Wheat Roll(135) Fruit du Jour(varies)	<b>12</b> Tuscan Chicken(573)* Creamy Polenta(14) Broccoli(26) Whole Grain Bread(135) Pudding(135) MOD: SF Pudding(127)	<b>13</b> Beef Stew(169) Beets & Collards(121) Biscuit(310) Sweet of the Week MOD:Lower-Carb Dessert	<b>14</b> Cajun Salmon(230) Rice & Black Beans(76) Mixed Veg(60) Whole Grain Bread(135) Fruit du Jour(varies)
<b>775 cal; 827mg sodium</b>	<b>723 cal; 595mg sodium</b>	<b>839 cal; 1038mg sodium</b>	<b>927 cal; 935mg sodium</b>	<b>748 cal; 656mg sodium</b>
<b>17 Happy St. Pat's Day!</b> <b>High Sodium Meal</b> Corned Beef & Cabbage(762)* Boiled Potato with Parsley(128) Carrots(56) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>18</b> Chicken Piccata(343) Roast Sweet Potato(36) Zucchini & Summer Squash(22) Whole Grain Bread(135) Yogurt(50)	<b>19</b> Roast Turkey with Gravy(436) Rosemary Roast Potato(121) Mixed Veg(60) Wheat Roll(135) Fruit du Jour(varies)	<b>20</b> Homemade Meatloaf with Gravy(259) Mashed Potato with Gravy(162) Spinach(93) Whole Grain Bread(135) Fruit du Jour(varies)	<b>21</b> Shrimp Scampi with Angel Hair Pasta(368) California Veg(34) Garlic Toast(270) Fruit du Jour(varies)
<b>695 cal; 1386mg sodium</b>	<b>719 cal; 741mg sodium</b>	<b>694 cal; 908mg sodium</b>	<b>720 cal; 806mg sodium</b>	<b>683 cal; 832mg sodium</b>
<b>24</b> Chicken Florentine(340) Orzo(5) Brussels Sprouts(29) Whole Grain Bread(135) Pudding(135) MOD: SF Pudding(127)	<b>25</b> Pork with Apple Chutney(60) Cheesy Mashed Potato(228) California Veg(34) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	<b>26</b> Omelet with Provolone(399) Home Fries with Peppers & Onions(54) Zucchini(20) Blueberry Snack Loaf(160) Fruit du Jour(varies)	<b>27 COLD PLATE</b> Roast Beef & Swiss Ch. w/Lettuce & Tomato(288) Potato Salad(187) Broccoli Salad with Italian Dressing(95) Hawaiian Burger Bun(120) Fruit du Jour(varies) Mayo pkt(55)	<b>28</b> Ravioli with Sage Cream Sauce(514)* Spinach with Red Pepper(73) Whole Grain Bread(135) Fruit du Jour(varies)
<b>652 cal; 799mg sodium</b>	<b>749 cal; 852mg sodium</b>	<b>763 cal; 789mg sodium</b>	<b>883 cal; 901mg sodium</b>	<b>703 cal; 887mg sodium</b>
<b>31</b> Beef Fajita Bowl(274) Rice & Black Beans(76) Veg Medley(69) Tortilla(170) Yogurt(50)	<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>749 cal; 794mg 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.