

ELDER NUTRITION PROGRAM

Nantucket County APRIL 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
<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>1 Rosemary Garlic Chicken(194) Butternut Squash(2) Green Beans(20) Whole Grain Bread(135) Fruit du Jour(varies)</p>	<p>2 Stuffed Shells with Turkey Bolognese & parm garnish(451) Broccoli(26) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p>3 Hot Dog(540)* Black Beans, Corn, & Red Pepper(91) California Veg(34) LS Hot Dog Bun(140) Fruit du Jour(varies) Ketchup pkt(82)</p>	<p>4 Herb Crusted Cod(311) Cheesy Mashed Potato(228) Brussels Sprouts & Carrots(43) Whole Grain Bread(135) Fruit du Jour(varies)</p>
	886 cal; 507mg sodium	750 cal; 1074mg sodium	786 cal; 1042mg sodium	691 cal; 882mg sodium
<p>7 Broccoli & Cheese Stuffed Chicken(410) Roast Potato(120) Peas & Carrots(66) Wheat Roll(135) Pudding(135) MOD: SF Pudding(127)</p>	<p>8 Braised Beef w/ Veg(70) Sweet Potato Wedges(190) Zucchini(20) Whole Grain Bread(135) Fruit du Jour(varies)</p>	<p>9 Pork with Honey-Mustard Sauce(253) Mashed Potato(135) Spinach(93) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p>10 COLD PLATE Mediterranean Diced Chicken & Quinoa Salad with Pesto(244) Three-Bean Salad(370) Whole Grain Bread(135) Fruit du Jour(varies)</p>	<p>11 Omelet with Swiss Cheese(336) LS Potato Wedges(15) Spinach(93) Blueberry Snack Loaf(160) Fruit du Jour(varies)</p>
702 cal; 1021mg sodium	721 cal; 571mg sodium	745 cal; 871mg sodium	804 cal; 904mg sodium	826 cal; 760mg sodium
<p>14 Thai Curry Beef(124) Veg Brown Rice Pilaf(30) Green Beans with Red Pepper(20) Whole Grain Bread(135) Banana Cake(260) MOD:Lower-Carb Dessert</p>	<p>15 Spaghetti & Meatballs with Marinara & parm garnish(599)* Broccoli(26) Garlic Toast(270) Fruit du Jour(varies)</p>	<p>16 Chicken "Pot Pie"(151) Zucchini(20) Biscuit(310) Fruit du Jour(varies)</p>	<p>17 Roast Turkey with Gravy(436) Mash. Sweet Potato(35) Peas(76) Wheat Roll(135) Yogurt(50)</p>	<p>18 Tuna Casserole with Egg Noodles(338) Beets & Collards(121) Cornbread(280) Fruit du Jour(varies)</p>
886 cal; 724mg sodium	755 cal; 1055mg sodium	785 cal; 637mg sodium	668 cal; 887mg sodium	712 cal; 895mg sodium
<p>21 SITES CLOSED</p> 	<p>22 Lemon Herb Chicken(129) Roast Sweet Potato(53) Veg Medley with Spinach(27) Wheat Roll(135) Chocolate Cake(182) MOD:Lower-Carb Dessert</p>	<p>23 Beef Stroganoff with Egg Noodles(267) California Veg(34) Cornbread(280) Fruit du Jour(varies)</p>	<p>24 COLD PLATE Macaroni Salad with Hard-Boiled Egg & Cheddar(370) Tomato-Zucchini Salad(7) Wheat Roll(135) Fruit du Jour(varies)</p>	<p>25 Homemade Meatloaf with Gravy(244) Mashed Potato with Gravy(153) Mixed Veg(60) Whole Grain Bread(135) Fruit du Jour(varies)</p>
	911 cal; 681mg sodium	745 cal; 738mg sodium	878 cal; 668mg sodium	756 cal; 757mg sodium
<p>28 Anna Maria Chicken(271) Roast Potato(120) Brussels Sprouts & Carrots(43) Garlic Toast(270) Yogurt(50)</p>	<p>29 Pork with Peach Sauce(75) Tater Tots(230) California Veg(34) Wheat Roll(135) Pound Cake(240) MOD:Lower-Carb Dessert</p>	<p>30 Potato Pollock(330) Black Bean & Sweet Potato Hash(80) Green Beans(20) Whole Grain Bread(135) Fruit du Jour(varies) Tartar Sauce pkt(85)</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>	
830 cal; 909mg sodium	784 cal; 869mg sodium	730 cal; 806mg 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.