

ELDER NUTRITION PROGRAM

Nantucket County MAY 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>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25 *indicates item w/ more than 500mg sodium.</p>	<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 Beef & Broccoli Stir-fry(779)* Edamame & Corn(21) Green Beans with Red Pepper(20) Wheat Roll(135) Fruit du Jour(varies)</p>	<p>2 Chicken Cacciatore with Pasta(505)* Veg Medley(27) Garlic Toast(270) Fruit du Jour(varies)</p>
			724 cal; 1112mg sodium	697 cal; 962mg sodium
<p>5 Beef Stew(154) Beets & Collard Greens(121) Biscuit(310) Pudding(135) MOD: SF Pudding(127)</p>	<p>6 SITES CLOSED Annual Meeting of Elder Servies of Cape Cod and the Islands</p>	<p>7 Beef Chili(354) Peas & Corn(49) Zucchini(20) Wheat Roll(135) Sweet of the Week MOD:Lower Carb Dessert</p>	<p>8 COLD PLATE Greek Pasta Salad with Diced Chicken(281) Corn & Red Pepper Salad(4) Whole Grain Bread(135) Fruit du Jour(varies)</p>	<p>9 Rst Turkey w/Gravy(467) Mashed Potato with Gravy(65) California Veg(34) Cranberry-Orange Snack Loaf(120) Fruit du Jour(varies)</p>
788 cal; 875mg sodium		856 cal; 923mg sodium	753 cal; 576mg sodium	663 cal; 851mg sodium
<p>12 Diced Pork w/ Mustard-Wine Sauce(217) Roast Sweet Potato(53) Peas(76) Wheat Roll(135) Yogurt(50)</p>	<p>13 Beef Stroganoff(263) Egg Noodles(4) California Veg(34) Whole Grain Bread(135) Banana Cake(260) MOD:Lower Carb Dessert</p>	<p>14 Chicken Marsala(596)* Baked Potato(4) Spinach with Red Pepper(60) Wheat Roll(135) Fruit du Jour(varies) Sour Cream pkt(9)</p>	<p>15 Omelet w/Mozzarella(425) Home Fries with Peppers & Onions(63) Stewed Tomato & Zucchini(221) Blueberry Snack Loaf(160) Fruit du Jour(varies)</p>	<p>16 Lasagna with Beef Bolognese & parm garnish(560)* Broccoli(26) Garlic Toast(270) Fruit du Jour(varies)</p>
770 cal; 686mg sodium	822 cal; 851mg sodium	769 cal; 960mg sodium	701 cal; 1025mg sodium	738 cal; 1016mg sodium
<p>19 Braised Beef w/ Veg(70) Cheesy Mashed Potato(102) Brussels Sprouts(29) Whole Grain Bread(135) Pudding(135) MOD: SF Pudding(127)</p>	<p>20 Tuscan Chicken(254) Polenta(4) Broccoli(26) Wheat Roll(135) Fruit du Jour(varies)</p>	<p>21 Salmon with Mango-Pineapple Salsa(78) Scalloped Potato(366) Mixed Veg(60) Whole Grain Bread(135) Chocolate Cake(182) MOD:Lower Carb Dessert</p>	<p>22 COLD PLATE Sliced Turkey & Swiss w/ lettuce & tomato(450) Sweet Potato Salad(34) Cole Slaw(97) Hawaiian Burger Bun(120) Fruit du Jour(varies) Mayonnaise pkt(55)</p>	<p>23 Unstuffed Pepper Bowl with Ground Beef, Rice, & Black Beans(333) Green Beans(20) Cornbread(280) Fruit du Jour(varies)</p>
735 cal; 626mg sodium	761 cal; 575mg sodium	820 cal; 976mg sodium	864 cal; 913mg sodium	867 cal; 798mg sodium
<p>26 SITES CLOSED MEMORIAL DAY REMEMBER OUR FALLEN</p>	<p>27 Cheddar Burger(290) Sweet Potato Wedges(190) Green Beans(20) Hawaiian Burger Bun(120) Fruit du Jour(varies) Ketchup pkt(82)</p>	<p>28 Chicken Alfredo with Fettuccini(693)* Peas & Carrots(66) Whole Grain Bread(135) Fruit du Jour(varies)</p>	<p>29 Turkey Meatloaf with Gravy(248) Mashed Potato with Gravy(65) Spinach(93) Wheat Roll(135) Sweet of the Week MOD:Lower Carb Dessert</p>	<p>30 Diced Pork with Creamy Cajun Sauce(208) Veg Rice Pilaf(41) Black Beans, Corn, & Red Pepper(91) Whole Grain Bread(135) Fruit du Jour(varies)</p>
	786 cal; 872mg sodium	700 cal; 1050mg sodium	736 cal; 843mg sodium	698 cal; 630mg 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.