

ELDER NUTRITION PROGRAM

Nantucket County JULY 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
<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</u> <i>*indicates item w/ more than 500mg sodium.</i>	1 COLD PLATE Egg Salad w/ Chives(287) Three-Bean Salad(370) Garden Salad(5) Hawaiian Burger Bun(120) Fruit du Jour(varies) Salad Dressing pkt(95) 919 cals; 1033mg sodium	2 American Chop Suey with ground turkey & parm garnish(314) Spinach(93) Garlic Toast(270) Fruit du Jour(varies) 713 cals; 833mg sodium	3 HIGH SODIUM MEAL Hot Dog(540)* - must heat separately Cold Potato Salad(340) Cold Cole Slaw(97) Hot Dog Bun(200) Fruit du Jour(varies) Ketchup pkt(82) 898 cals; 1415mg sodium	4 SITES CLOSED 
7 Thai Curry Beef(124) Brown Rice Pilaf(40) Brussels Sprouts(29) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert 871 cals; 693mg sodium	8 Cod with Lemon Herb Sauce(259) Roast Sweet Potato(53) Mixed Veg(60) Wheat Roll(135) Pudding(135) MOD: SF Pudding(127) 673 cals; 797mg sodium	9 Chicken Thigh Abruzzi(228) Penne Pasta(2) Broccoli(26) Garlic Toast(270) Fruit du Jour(varies) 755 cals; 682mg sodium	10 COLD PLATE HIGH SODIUM MEAL Ham & Swiss(620)* Pea Salad(194) Tomato, Corn, & Peppers Salad(131) Hawaiian Burger Bun(120) Fruit du Jour(varies) Mustard pkt(55) 831 cals; 1276mg sodium	11 Shepherd's Pie with Gravy(202) Kale & Braised Beans(205) Whole Grain Bread(135) Fruit du Jour(varies) 762 cals; 702mg sodium
14 Chicken Thigh Anna Maria(246) Roast Sweet Potato(53) Peas(76) Wheat Roll(135) Yogurt(75) 828 cals; 740mg sodium	15 COLD PLATE Roast Beef & Provolone Cheese(349) Carrot-Raisin Salad(212) Fruit Salad(1) Hawaiian Burger Bun(120) Sweet of the Week MOD:Lower-Carb Dessert Mayo pkt(55) 797 cals; 1039mg sodium	16 Omelet with Monterey Jack Cheese(411) LS Potato Wedges(15) Zucchini with Red Pepper(20) Cranberry-Orange Snack Loaf(120) Fruit du Jour(varies) 758 cals; 722mg sodium	17 Roast Turkey with Gravy(467) Baked Potato(4) Mixed Veg(60) Whole Grain Bread(135) Fruit du Jour(varies) Sour Cream packet(9) 655 cals; 832mg sodium	18 Beef Stroganoff(263) Egg Noodles(4) California Veg(34) Cornbread(280) Fruit du Jour(varies) 731 cals; 738mg sodium
21 Pork with Sage Cream Sauce(227) Mashed Potato(32) Spinach(93) Wheat Roll(135) Banana Cake(260) MOD:Lower-Carb Dessert 907 cals; 902mg sodium	22 Chicken Cordon Royale(550)* Mashed Sweet Potato(43) Corn(19) Wheat Roll(135) Sugar-free Jello(8) for all 695 cals; 910mg sodium	23 Braised Beef with Veg(70) Tater Tots(230) Green Beans(20) Whole Grain Bread(135) Fruit du Jour(varies) 749 cals; 612mg sodium	24 COLD PLATE Italian Pasta Salad with Diced Chicken(225) Broccoli Salad with Cheddar(142) Garlic Toast(270) Fruit du Jour(varies) 815 cals; 793mg sodium	25 Salmon with Garlic Herb Cream Sauce(351) Rice & Black Beans(76) Mixed Veg(60) Whole Grain Bread(135) Fruit du Jour(varies) 781 cals; 778mg sodium
28 Beef Stew(154) Corn(19) Biscuit(310) Fruit du Jour(varies) 766 cals; 653mg sodium	29 Cheese Ravioli with Turkey Bolognese & parm garnish(420) Tuscan Veg(53) Wheat Roll(135) Chocolate Cake(182) MOD:Lower-Carb Dessert 836 cals; 945mg sodium	30 Chicken Thigh Florentine(161) Polenta(4) Broccoli(26) Wheat Roll(135) Pudding(135) MOD: SF Pudding(127) 866 cals; 663mg sodium	31 Homemade Meatloaf with Gravy(252) Mashed Potato with Gravy(55) Spinach(93) Whole Grain Bread(135) Fruit du Jour(varies) 740 cals; 691mg sodium	<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>

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.