

ELDER NUTRITION PROGRAM**508-228-4647****Elder Services**

of Cape Cod and the Islands

**Nantucket County AUGUST 2025****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>	<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>	1 COLD PLATE Sliced Turkey(460) Broccoli Salad with Craisins(97) Cole Slaw(97) Hawaiian Burger Bun(120) Fruit du Jour(varies) Mayo pkt(55) 738 cals; 990mg sodium
4 Chicken with Mushroom Cream Sauce(382) Rosemary Rst Potato(113) Brussels Sprouts & Carrots(41) Wheat Roll(135) Pudding(135) MOD: SF Pudding(127) 702 cals; 961mg sodium	5 Omelet with Mozzarella Cheese(472) LS Potato Wedges(15) Peppers & Onions(21) Cranberry-Orange Snack Loaf(120) Fruit du Jour(varies) 740 cals; 789mg sodium	6 Potato Pollock(330) Rice & Beans(76) Spinach(93) Whole Grain Bread(135) Fruit du Jour(varies) Tartar Sauce pkt(85) 690 cals; 875mg sodium	7 COLD PLATE Mediterranean Salad with Chicken, Quinoa, Veggies, & Pesto(244) Zucchini Salad(119) Pita Bread(140) Sweet of the Week MOD:Lower-Carb Dessert 892 cals; 763mg sodium	8 Stuffed Shells with Beef Bolognese & parm garnish(458) Green Beans with Red Pepper(20) Garlic Toast(270) Fruit du Jour(varies) 706 cals; 908mg sodium
11 Chicken Cordon Royale(550)* Baked Potato(4) Butternut Squash(2) Whole Grain Bread(135) Fruit du Jour(varies) Sour Cream pkt(9) 694 cals; 870mg sodium	12 COLD PLATE Egg Salad(289) Pasta Primavera Salad(51) 2 slices WG Bread(270) Fruit du Jour(varies) 882 cals; 735mg sodium	13 Roast Turkey with Gravy(467) Roast Sweet Potato(53) Mixed Veg(60) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert 722 cals; 970mg sodium	14 Beef Stroganoff(263) Egg Noodles(4) Spinach with Red Pepper(73) Cornbread(180) Fruit du Jour(varies) 725 cals; 690mg sodium	15 Deconstructed Chicken Pot Pie(151) Broccoli(26) Biscuit(310) Yogurt(50) 797 cals; 692mg sodium
18 Pork Spiced with Pears(64) Cheesy Mashed Potato(103) Spinach(93) Wheat Roll(135) Pound Cake(240) MOD:Lower-Carb Dessert 730 cals; 790mg sodium	19 American Chop Suey(184) Peas & Carrots(66) Whole Grain Roll(135) Pudding(135) MOD: SF Pudding(127) 726 cals; 675mg sodium	20 COLD PLATE Sliced Roast Beef & Swiss Cheese(286) Potato Salad(340) Tomato, Corn, & Red Pepper Salad(131) Hawaiian Burger Bun(120) Fruit du Jour(varies) Mayo pkt(55) 858 cals; 1088mg sodium	21 Chicken Cacciatore(503)* Pasta(5) California Veg(34) Garlic Toast(270) Fruit du Jour(varies) 674 cals; 982mg sodium	22 Shrimp with Creamy Cajun Sauce(501)* Rice & Beans(76) Mixed Veg(60) Whole Grain Bread(135) Fruit du Jour(varies) 659 cals; 928mg sodium
25 Beef Fajita Bowl(274) Rice(24) Green Beans(20) Tortilla(170) Fruit du Jour(varies) 706 cals; 648mg sodium	26 COLD PLATE Tuna Salad(403) Garden Salad(5) Fruit Salad(0) Mini Sub Roll(325) Sugar-free Jello(8) - for both reg & MOD Italian Dressing pkt(119) 711 cals; 985mg sodium	27 Chicken Marsala(396) Roast Sweet Potato(53) Zucchini(20) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert 736 cals; 906mg sodium	28 Lasagna with Turkey Bolognese & parm(543)* Broccoli(26) Wheat Roll(135) Fruit du Jour(varies) 665 cals; 860mg sodium	29 Homemade Meatloaf with Gravy(252) Mashed Potato with Gravy(55) Peas & Carrots(66) Whole Grain Bread(135) Fruit du Jour(varies) 719 cals; 663mg 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.**