

ELDER NUTRITION PROGRAM**508-228-4647****Nantucket County SEPTEMBER 2025**
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
1 SITES CLOSED LABOR DAY	2 BBQ Chicken Drumsticks(351) LS Potato Wedges(15) Broccoli/Red Pepper(26) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert 774 cal; 829mg sodium	3 Beef Chili(340) Corn(19) Green Beans(20) Wheat Roll(135) Fruit du Jour(varies) 726 cal; 670mg sodium	4 Salmon with Creamy Dill Sauce(183) Wild & White Rice Blend(93) California Veg(34) Whole Grain Bread(135) Fruit du Jour(varies) 759 cal; 601mg sodium	5 Pasta Primavera with Diced Chicken(141) Spinach(93) Garlic Bread(270) Fruit du Jour(varies) 710 cal; 659mg sodium
8 Pot Roast(206) Roasted Potato(113) Carrots(56) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert 729 cal; 765mg sodium	9 Pollock Florentine(251) Rice Pilaf(40) Brussels Sprouts(29) Whole Grain Bread(135) Pudding(135) MOD:Diet Pudding(127) 637 cal; 745mg sodium	10 Chicken Bruschetta(226) Orzo(5) Broccoli(26) Garlic Bread(270) Fruit du Jour(varies) 727 cal; 683mg sodium	11 COLD PLATE Egg Salad w/Chives(287) Tomato/Corn/Peppers Salad(131) Zucchini Salad(119) Hawaiian Burger Bun(120) Fruit du Jour(varies) 906 cal; 813mg sodium	12 Rst Turkey w/Gravy(537)* Mashed Potato with Gravy(64) California Veg(34) Cranberry-Orange Snack Loaf(120) Fruit du Jour(varies) 683 cal; 915mg sodium
15 Chicken Piccata(382) Roast Sweet Potato(53) Green Beans(20) Whole Grain Bread(135) Yogurt(75) 730 cal; 820mg sodium	16 Pork Loin with Mustard- Wine Sauce(210) Baked Potato(4) Spinach(93) Wheat Roll(135) Fruit du Jour(varies) Sour Cream pkt(9) 823 cal; 607mg sodium	17 Potato Pollock(330) Rice & Beans(76) California Veg(34) Whole Grain Bread(135) Fruit du Jour(varies) Tartar Sauce pkt(85) 684 cal; 815mg sodium	18 Ravioli with Lemon- Ricotta Sauce(390) Broccoli(26) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert 747 cal; 853mg sodium	19 Beef Stew(154) Corn/Red Pepper(19) Biscuit(310) Fruit du Jour(varies) No senior dining today; Only Meals on Wheels 764 cal; 639mg sodium
22 ROSH HASHANAH Harvest Roast Chicken with Apple Chutney(95) Sauteed Leeks & Peas(76) Beets & Greens(121) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert 876 cal; 742mg sodium	23 COLD PLATE Sliced Turkey & Swiss w/Lettuce & Tomato(335) German Potato Salad(92) Cole Slaw(97) Hawaiian Burger Bun(120) Fruit du Jour(varies) Mayo pkt(55) 861 cal; 856mg sodium	24 Omelet with Monterey Jack Cheese(411) Sweet Potato Puffs(202) Fried Zucchini(5) Whole Grain Bread(135) Fruit du Jour(varies) 706 cal; 909mg sodium	25 Homemade Meatloaf with Gravy(252) Mashed Potato with Gravy(55) Spinach(93) Wheat Roll(135) Fruit du Jour(varies) 740 cal; 691mg sodium	26 Pollock with Anna Maria Sauce(336) Tortellini(225) Broccoli(26) Whole Grain Bread(135) Pudding(135) MOD:Diet Pudding(127) 691 cal; 1012mg sodium
29 Beef Stroganoff(263) Egg Noodles(4) Brussels Sprouts & Carrots(43) Whole Grain Bread(135) Banana Cake(260) MOD:Lower-Carb Dessert 828 cal; 860mg sodium	30 Broccoli & Cheese Stuffed Chicken(410) Butternut Squash(2) Peas(76) Wheat Roll(135) Yogurt(75) 682 cal; 853mg sodium	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25 <i>*indicates item w/ more than 500mg 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.	

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.