

ELDER NUTRITION PROGRAM

Nantucket County NOVEMBER 2025

Reservations & Cancellations must be made two business days in advance.

508-247-4647



Elder Services

of Cape Cod and the Islands



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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> * indicates item with more than 500mg sodium	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</u>			
3 Broccoli & Cheese Stuffed Chicken(410) Butternut Squash(7) Brussels Sprouts(29) Whole Grain Bread(135) Pudding(135) MOD:Diet Pudding(127)	4 Pot Roast w/ Gravy(206) Mashed Potato with Gravy(44) Mixed Veg(60) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	5 Salmon with Creamy Balsamic Sauce(141) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(135) Fruit du Jour(varies)	6 Lasagna with Turkey Bolognese & parm garnish(543)* California Veg(34) Whole Grain Bread(135) Fruit du Jour(varies)	7 Beef Stroganoff(241) Egg Noodles(4) Spinach with Red Pepper(73) Cornbread(380) Fruit du Jour(varies)
696 cals; 871mg sodium	792 cals; 810mg sodium	702 cals; 505mg sodium	663 cals; 868mg sodium	856 cals; 853mg sodium
10 Pork Spiced with Apples(74) Roast Sweet Potato(53) Peas(79) Wheat Roll(135) Fruited Yogurt(75)	11 SITES CLOSED	12 Chicken Bruschetta(223) Baked Potato(4) California Veg(34) Garlic Bread(270) Fruit du Jour(varies) Sour Cream pkt(9)	13 Meatloaf with Gravy(257) Mashed Potato with Gravy(44) Carrots(56) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	14 Pollock Florentine(251) Orzo(5) Broccoli with Red Pepper(26) Cornbread(380) Fruit du Jour(varies)
684 cals; 571mg sodium		697 cals; 696mg sodium	802 cals; 794mg sodium	685 cals; 822mg sodium
17 Omelet with Provolone Cheese(399) Potato Wedges(15) Spinach with Red Pepper(73) Cranberry Orange Snack Loaf(120) Fruit du Jour(varies)	18 Cajun Shrimp(512)* Rice & Beans(76) Peas & Carrots(68) Whole Grain Bread(135) Fruit du Jour(varies)	19 Beef Stew(158) Brussels Sprouts(29) Biscuit(310) Pudding(135) MOD:Diet Pudding(127)	20 HIGH SODIUM MEAL Rst Turkey w/Gravy(537) Stuffing garnish(297) Mashed Potato with Gravy(53) Broccoli with Red Pepper(26) Wheat Roll(135) Holiday Dessert MOD:Lower-Carb Dessert	21 Chicken with Sage Cream Sauce(390) Butternut Sq. Ravioli(136) California Veg(34) Whole Grain Bread(135) Fruit du Jour(varies)
767 cals; 767mg sodium	666 cals; 947mg sodium	816 cals; 787mg sodium	806 cals; 1410mg sodium	732 cals; 860mg sodium
24 Braised Beef with Onion & Pepper Sauce(93) Veggie Rice Pilaf(46) Green Beans(20) Whole Grain Bread(135) Sweet of the Week MOD:Lower-Carb Dessert	25 Pork with Mushroom Gravy(196) Sweet Potato Tots(202) Broccoli(26) Wheat Roll(135) Fruit du Jour(varies)	26 Chicken Anna Maria(376) Polenta(16) Peas & Carrots(68) Whole Grain Bread(135) Fruit du Jour(varies)	27 SITES CLOSED	28 Stuffed Shells with Beef Bolognese & parm garnish(458) Spinach(93) Garlic Bread(270) Fruit du Jour(varies)
832 cals; 596mg sodium	709 cals; 715mg sodium	694 cals; 751mg sodium		717 cals; 976mg 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.