

ELDER NUTRITION PROGRAM

Nantucket County DECEMBER 2025

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

508-228-4647



Elder Services

of Cape Cod and the Islands



Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheddar Burger(337) LS Potato Wedges(15) Spinach with Red Pepper(73) Hawaiian Burger Bun(120) Fruit du Jour(varies) Ketchup pkt(82)	2 American Chop Suey with Ground Turkey & parm garnish(314) Peas & Carrots(68) Wheat Roll(150) Pudding(135) MOD:Diet Pudding(127)	3 Pollock Piccata(317) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	4 Pork Loin with Mustard- Wine Sauce(358) Tater Tots(230) California Veg(34) Whole Grain Bread(150) Fruit du Jour(varies)	5 Chicken Fajita Bowl(630)* Rice & Beans(100) Broccoli(26) Tortilla(170) Fruit du Jour(varies)
768 cal; 787mg sodium	710 cal; 822mg sodium	737 cal; 842mg sodium	779 cal; 929mg sodium	744 cal; 1081mg sodium
8 Swedish Meatballs(423) Egg Noodles(4) California Veg(34) Wheat Roll(150) Diet Jello(8) <i>for both reg & MOD dessert</i>	9 Thai-Coconut Beef(102) Edamame & Corn(21) Peas(79) Hawaiian Dinner Roll(80) Sweet of the Week MOD:Lower-Carb Dessert	10 Deconstructed Chicken Pot Pie(185) Broccoli(26) Biscuit(310) Fruit du Jour(varies)	11 Omelet with Mozzarella(472) Home Fries with Peppers & Onions(63) Stewed Tomatoes(252) Blueberry Snack Loaf(160) Fruit du Jour(varies)	12 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(98) Spinach(93) Whole Grain Bread(150) Fruit du Jour(varies)
695 cal; 774mg sodium	990 cal; 537mg sodium	768 cal; 677mg sodium	723 cal; 1103mg sodium	750 cal; 883mg sodium
15 Lemon Herb Chicken(288) Potato Latkes(370) Brussels Sprouts & Carrots(43) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert Sour Cream packet(9)	16 Stuffed Shells with Meat Sauce & parm garnish(458) Broccoli(26) Garlic Bread(270) Yogurt(75)	17 Salmon with Pesto Cream Sauce(289) Mashed Butternut(7) Peas(79) Whole Grain Bread(150) Fruit du Jour(varies)	18 Beef Stroganoff(241) Egg Noodles(4) California Veg(34) Wheat Roll(150) Fruit du Jour(varies)	19 Ham with Pineapple- Raisin Sauce(824)* Mashed Potato(21) Spinach with Red Pepper(73) Hawaiian Dinner Roll(80) Fruit du Jour(varies)
808 cal; 1095mg sodium	731 cal; 984mg sodium	724 cal; 681mg sodium	790 cal; 585mg sodium	628 cal; 1163mg sodium
22 Roast Turkey with Gravy(648)* Roast Sweet Potato(53) Mixed Veg(60) Whole Grain Bread(150) Fruit du Jour(varies)	23 Shrimp Scampi(432) Brown Rice Pilaf(40) California Veg(34) Garlic Bread(270) Fruit du Jour(varies)	24 Pot Roast w/ Gravy(326) Baked Potato(4) Mixed Root Veg(65) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert Sour Cream packet(9)	25 SITES CLOSED 	26 Chicken Cordon Royale(550)* Vegetable Rice Pilaf(46) Broccoli(26) Whole Grain Bread(150) Fruit du Jour(varies)
653 cal; 1071mg sodium	697 cal; 933mg sodium	782 cal; 949mg sodium		742 cal; 928mg sodium
29 Pork Loin with Rosemary Garlic Sauce(225) Cheesy Mashed Potato(68) Green Beans/Red Pep(20) Wheat Roll(150) Fruit du Jour(varies)	30 Tuscan Fish(344) Orzo(4) Mixed Veg(60) Wheat Roll(150) Fruit du Jour(varies)	31 Creole Chicken(338) Black Beans, Corn, & Red Pepper(91) Beets & Greens(117) Whole Grain Bread(150) Sweet of the Week MOD:Lower-Carb Dessert	<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>	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</u>
753 cal; 623mg sodium	713 cal; 714mg sodium	776 cal; 1033mg sodium	* indicates item with more than 500mg 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.