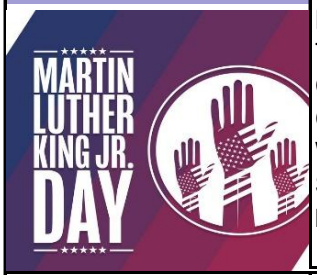
ELDER NUTRITION PROGRAM

Nantucket County JANUARY 2026

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

Menu subject to change without notice.

Elder Services of Cape Cod and the Islands

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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. *indicates item with more than 500mg sodium	Thank you for your voluntary donation of $4.00 per meal towards actual cost of $20.25		1 **SITES CLOSED** 	2 Beef & Broccoli(381) Brown Rice Pilaf(40) Green Beans with Red Pepper(20) Whole Grain Bread(150) Fruit du Jour(varies) **822 cals; 747mg sodium**
5 Chicken Drumsticks with Stewed Tomato(256) Cheesy Grits(51) Mixed Veg(60) Wheat Roll(150) Fruit du Jour(varies) **739 cals; 673mg sodium**	6 Pork with Mushroom Cream Sauce(181) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(150) Fruit du Jour(varies) **703 cals; 560mg sodium**	7 Pollock w/Tomato-Caper Cream Sauce(375) Veggie Brown Rice Pilaf(46) Broccoli(26) Whole Grain Bread(150) Pudding(135) MOD:Diet Pudding(127) **667 cals; 887mg sodium**	8 Homemade Meatloaf with Gravy(377) Roast Potato(90) Brussels Sprouts & Carrots(41) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert **802 cals; 960mg sodium**	9 Chicken Cacciatore(503)* Pasta(4) California Veg(34) Garlic Bread(270) Fruit du Jour(varies) **705 cals; 971mg sodium**
12 Beef Stew(158) Mashed Butternut Squash(7) Biscuit(310) Sweet of the Week MOD:Lower-Carb Desser **863 cals; 777mg sodium**	13 Spaghetti & Meatballs with Marinara Sauce & parm garnish(464) Broccoli(26) Garlic Bread(270) Yogurt(50) **762 cals; 965mg sodium**	14 Chicken with Sage Cream Sauce(382) Butternut Ravioli(136) California Veg(34) Wheat Roll(150) Fruit du Jour(varies) **732 cals; 858mg sodium**	15 Pollock Florentine(251) Brown Rice Pilaf(40) Green Beans with Red Pepper(20) Whole Grain Bread(150) Fruit du Jour(varies) **662 cals; 618mg sodium**	16 ***High Sodium Meal*** Roast Turkey with Gravy(578)* Mashed Potato with Gravy(100) Peas & Carrots(68) Cornbread(380) Fruit du Jour(varies) **677 cals; 1291mg sodium**
19 **SITES CLOSED** 	20 Potato Pollock(330) Tartar Sauce pkt(85) Corn(19) California Veg(34) Whole Grain Bread(150) Sweet of the Week MOD:Lower-Carb Dessert **875 cals; 955mg sodium**	21 Omelet with Swiss Cheese(472) LS Potato Wedges(15) Broccoli with Red Pepper(26) Cranberry Orange Snack Loaf(120) Fruit du Jour(varies) **776 cals; 789mg sodium**	22 White Chili with Chicken, white beans, corn, sweet potato, & shredded cheddar(437) Peas(79) Wheat Roll(150) Fruit du Jour(varies) **694 cals; 822mg sodium**	23 Braised Beef with Onion & Pepper Sauce(93) Brown Rice & Quinoa Pilaf(43) Green Beans(20) Cornbread(380) Fruit du Jour(varies) **847 cals; 691mg sodium**
26 Broccoli & Cheese Stuffed Chicken(410) Baked Potato(4) Mixed Veg(60) Whole Grain Bread(150) Fruit du Jour(varies) Sour Cream pkt(9) **730 cals; 803mg sodium**	27 Lasagna w/ Meat Sauce & parm garnish(550)* Broccoli with Red Pepper(26) Wheat Roll(150) Pudding(135) MOD:Diet Pudding(127) **743 cals; 1016mg sodium**	28 Beef Stroganoff(241) Egg Noodles(4) Beets & Collards(117) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert **856 cals; 814mg sodium**	29 Pork Loin with Marsala Sauce(233) Roast Sweet Potato(53) Green Beans(20) Whole Grain Bread(150) Fruit du Jour(varies) **726 cals; 612mg sodium**	30 Shrimp Scampi(432) Angel Hair Pasta(4) California Veg(34) Garlic Bread(270) Fruit du Jour(varies) **658 cals; 900mg 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.