

ELDER NUTRITION PROGRAM**Nantucket County FEBRUARY 2026****508-228-4647****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
2 Thai Coconut Beef(102) Edamame & Corn(21) Peas(79) Hawaiian Dinner Roll(80) Sweet of the Week MOD:Lower-Carb Dessert	3 Chili with ground turkey(281) Sweet Potato Puffs(202) Zucchini(55) Wheat Roll(150) Diet Jello(8) <i>for both reg & MOD dessert</i>	4 Roasted Drumsticks(120) Macaroni & Cheese(412) California Veg(34) Whole Grain Bread(150) Fruit du Jour(varies)	5 Creamy Cajun Pollock(342) Veg Brown Rice Pilaf(46) Green Beans(20) Wheat Roll(150) Fruit du Jour(varies)	6 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(98) Spinach(93) Whole Grain Bread(150) Fruit du Jour(varies)
980 cals; 677mg sodium	751 cals; 847mg sodium	854 cals; 873mg sodium	712 cals; 714mg sodium	750 cals; 883mg sodium
9 Chicken Cordon Royale(550)* Mashed Butternut Sq.(7) Green Beans(20) Whole Grain Bread(150) Yogurt(75)	10 Swedish Meatballs(423) Egg Noodles(4) California Veg(34) Wheat Roll(150) Fruit du Jour(varies)	11 Pork w/ Peach Sauce(84) Cheesy Mashed Potato(68) Brussels Sprouts & Carrots(41) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	12 Beef Fajita Bowl with Rice(276) Broccoli(26) 1 Tortilla(170) Fruit du Jour(varies)	13 Tuscan Chicken with Bowtie Pasta(380) Mixed Veg(60) Garlic Bread(270) Fruit du Jour(varies)
708 cals; 957mg sodium	738 cals; 776mg sodium	896 cals; 781mg sodium	847 cals; 628mg sodium	748 cals; 867mg sodium
16 SITES CLOSED 	17 Beef Burgundy(241) Mashed Potato(21) Peas & Carrots(68) Whole Grain Bread(150) Sweet of the Week MOD:Lower-Carb Dessert	18 Potato Pollock(330) Corn(19) California Veg(34) Wheat Roll(150) Fruit du Jour(varies) Tartar Sauce pkt(85)	19 Deconstructed Chicken Pot Pie(185) Green Beans(20) Biscuit(310) Fruit du Jour(varies)	20 Omelet with Monterey-Jack Cheese & Peppers & Onions(432) LS Potato Wedges(15) Cranberry Orange Snack Loaf(120) Fruit du Jour(varies)
	831 cals; 781mg sodium	693 cals; 774mg sodium	759 cals; 671mg sodium	744 cals; 727mg sodium
23 Pork Spiced with Apples(74) Mashed Potato(21) Beets & Greens(117) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	24 Stuffed Shells with Meat Sauce & parm garnish(458) Tuscan Veg(53) Garlic Bread(270) Fruit du Jour(varies)	25 Chicken Anna Maria(368) Roast Sweet Potato(53) Broccoli(26) Whole Grain Bread(150) Fruit du Jour(varies)	26 Roast Turkey with Gravy(578)* Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Yogurt(75) Sour Cream pkt(9)	27 Salmon with Creamy Dill Sauce & Rice(215) California Veg(34) Hawaiian Dinner Roll(80) Fruit du Jour(varies)
794 cals; 700mg sodium	711 cals; 937mg sodium	704 cals; 753mg sodium	674 cals; 1031mg sodium	751 cals; 485mg 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.</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>			

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.**