

# ELDER NUTRITION PROGRAM

**Nantucket County**    **MARCH 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
<b>2</b> Cajun Chicken(261) Corn w/ Red Pepper(19) Kale & Beans(205) Whole Grain Bread(150) Sweet of the Week MOD:Lower-Carb Dessert	<b>3</b> Spaghetti & Meatballs with Marinara Sauce & parm garnish(464) Tuscan Veg(53) Garlic Bread(270) Pudding(135) MOD:Lower-Carb Dessert	<b>4</b> Beef Stroganoff(241) Egg Noodles(4) Peas & Carrots(68) Wheat Roll(150) Fruit du Jour(varies)	<b>5</b> Broccoli & Cheese Stuffed Chicken(410) Roast Sweet Potato(53) Green Beans with Red Pepper(20) Whole Grain Bread(150) Fruit du Jour(varies)	<b>6</b> Shrimp Scampi with Angel Hair Pasta(436) California Veg(34) Garlic Bread(270) Fruit du Jour(varies)
<b>832 cals; 890mg sodium</b>	<b>782 cals; 1077mg sodium</b>	<b>802 cals; 619mg sodium</b>	<b>712 cals; 789mg sodium</b>	<b>665 cals; 900mg sodium</b>
<b>9</b> Beef Stew(158) Butternut Squash(7) Biscuit(310) Fruit du Jour(varies)	<b>10</b> Salmon with Mango-Pineapple Salsa(78) Tater Tots(230) Mixed Veg(60) Mini Cornbread(280) Diet Jello(8) <i>for both reg &amp; MOD dessert</i>	<b>11</b> Cheesy Brown Rice & Chicken Bake(587)* Broccoli(26) Wheat Roll(150) Fruit du Jour(varies)	<b>12</b> Pork with Mushroom Cream sauce(200) Mashed Potato(22) Spinach(93) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	<b>13</b> Cheese Ravioli with Lentil Bolognese & parm garnish(514)* Green Beans with Red Pepper(20) Whole Grain Bread(150) Fruit du Jour(varies)
<b>776 cals; 645mg sodium</b>	<b>769 cals; 811mg sodium</b>	<b>788 cals; 919mg sodium</b>	<b>768 cals; 700mg sodium</b>	<b>699 cals; 844mg sodium</b>
<b>16 Happy St. Pat's Day</b> <b>HIGH SODIUM MEAL</b> Corned Beef & Cabbage(749)* Parslied Boiled Potato(12) Carrots(56) Dinner Roll(150) St. Pat's Day Dessert MOD:Lower-Carb Dessert	<b>17</b> Chicken Noodle Casserole(334) Spinach with Red Pepper(73) Wheat Roll(150) Yogurt(75)	<b>18</b> Roast Turkey with Gravy(578)* Mashed Potato with Gravy(101) California Veg(34) Mini Cornbread(280) Fruit du Jour(varies)	<b>19</b> Homemade Meatloaf with Gravy(377) Roast Potato(90) Broccoli(26) Wheat Roll(150) Fruit du Jour(varies)	<b>20</b> Pollock with Garlic Herb Cream Sauce(456) Veg Brown Rice Pilaf(46) Brussels Sprouts(29) Whole Grain Bread(150) Fruit du Jour(varies)
<b>667 cals; 1451mg sodium</b>	<b>728 cals; 787mg sodium</b>	<b>674 cals; 1149mg sodium</b>	<b>742 cals; 799mg sodium</b>	<b>763 cals; 837mg sodium</b>
<b>23</b> Shepherd's Pie(435) Spinach(93) Whole Grain Bread(150) Yogurt(75)	<b>24</b> Pork with Mustard-Wine Sauce(271) Roast Sweet Potato(53) Peas(79) Wheat Roll(150) Pound Cake(240) MOD:Lower-Carb Dessert	<b>25</b> Braised Beef with Onion-Pepper Sauce(93) Brown Rice Pilaf(40) Carrots(56) Whole Grain Bread(150) Fruit du Jour(varies)	<b>26</b> Chicken Alfredo(483) Fettuccini(4) California Veg(34) Garlic Bread(270) Fruit du Jour(varies)	<b>27</b> Omelet with Provolone Cheese(399) LS Potato Wedges(15) Broccoli(26) Blueberry Snack Loaf(160) Fruit du Jour(varies)
<b>781 cals; 755mg sodium</b>	<b>829 cals; 948mg sodium</b>	<b>792 cals; 496mg sodium</b>	<b>703 cals; 947mg sodium</b>	<b>792 cals; 765mg sodium</b>
<b>30</b> Sloppy Joe(114) Cheesy Mashed Potato(68) Carrots(56) Hawaiian Burger Bun(120) Pudding(135) MOD:Lower-Carb Dessert	<b>31</b> Lasagna with Turkey Bolognese & parm garnish(543)* Broccoli(26) Garlic Bread(270) Fruit du Jour(varies)		<i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; have them with another meal or snack.</i>  *indicates item with more than 500mg sodium	Thank you for your voluntary donation of <b>\$4.00 per meal</b> towards actual cost of <b>\$20.25</b>
<b>779 cals; 648mg sodium</b>	<b>719 cals; 999mg sodium</b>			

**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.