

ELDER NUTRITION PROGRAM

Nantucket County APRIL 2026

508-228-4647



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

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><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></p> <p>*indicates item with more than 500mg sodium</p>	<p>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</p>	<p>1 Tuscan Chicken(384) Polenta(16) Spinach(93) Wheat Roll(150) Fruit du Jour</p>	<p>2 HIGH SODIUM MEAL Hot Dog(540)* Baked Beans(240) Broccoli/Red Pepper(26) Hot Dog Bun(185) Diet Jello(8) <i>for both reg & MOD desserts</i> Ketchup pkt(82)</p>	<p>3 Teriyaki Salmon(523)* Edamame & Corn(21) Green Beans with Red Pepper(20) Whole Grain Bread(150) Fruit du Jour</p>
		695 cals; 799mg sodium	814 cals; 1236mg sodium	678 cals; 874mg sodium
<p>6 Ham with Pineapple-Raisin Sauce(724)* Mashed Potato(22) Spinach(93) Hawaiian Dinner Roll(80) Yogurt(75)</p>	<p>7 Chicken Cordon Royale(550)* Roast Sweet Potato(53) Zucchini(20) Wheat Roll(150) Fruit du Jour</p>	<p>8 Thai Curry Beef(102) Brown Rice Pilaf(40) Green Beans(20) Whole Grain Bread(150) Fruit du Jour</p>	<p>9 Stuffed Shells with Beef Bolognese & parm garnish(458) California Veg(34) Garlic Bread(270) Sweet of the Week MOD:Lower-Carb Dessert</p>	<p>10 Deconstructed Chicken Pot Pie(171) Broccoli(26) Biscuit(310) Fruit du Jour</p>
674 cals; 1149mg sodium		726 cals; 929mg sodium	869 cals; 468mg sodium	776 cals; 1064mg sodium
<p>13 Roast Turkey with Gravy(578)* Butternut Squash(7) Green Beans(20) Wheat Roll(150) Chocolate Cake(182) MOD:Lower-Carb Dessert</p>	<p>14 Pork with Rosemary Garlic Sauce(244) Baked Potato(4) Broccoli/Red Pepper(26) Whole Grain Bread(150) Yogurt(75) Sour Cream pkt(9)</p>	<p>15 Omelet with Mozzarella(472) Home Fries with Peppers & Onions(63) Stewed Tomatoes(252) Cranberry Orange Snack Loaf(120) Fruit du Jour</p>	<p>16 COLD PLATE Caprese Pasta Salad with Chicken(208) Cole Slaw with Red Cabbage(97) Mini Cornbread Loaf(380) Fruit du Jour</p>	<p>17 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(98) Carrots(56) Whole Grain Bread(150) Fruit du Jour</p>
765 cals; 1092mg sodium		853 cals; 663mg sodium	704 cals; 1063mg sodium	805 cals; 841mg sodium
<p>20 SITES CLOSED</p> 	<p>21 Potato Pollock(330) Corn w/ Red Pepper(19) Spinach(93) Whole Grain Bread(150) Fruit du Jour Tartar Sauce pkt(85)</p>	<p>22 White Chicken Chili made with white beans, corn, sweet potato, & shredded cheddar(437) Brussels Sprouts(29) Wheat Roll(150) Banana Cake(260) MOD:Lower-Carb Dessert</p>	<p>23 Beef Stroganoff(241) Egg Noodles(4) California Veg(34) Whole Grain Bread(150) Fruit du Jour</p>	<p>24 Lasagna with Beef Bolognese & parm garnish(560)* Broccoli(26) Garlic Bread(270) Fruit du Jour</p>
PATRIOT'S DAY		702 cals; 833mg sodium	841 cals; 1031mg sodium	790 cals; 585mg sodium
<p>27 Chicken Piccata(357) Roast Sweet Potato(53) Beets & Greens(117) Wheat Bread(150) Pudding(135) MOD:Diet Pudding(127)</p>	<p>28 American Chop Suey made with ground turkey & parm garnish(314) Peas & Carrots(68) Wheat Roll(150) Pound Cake(240) MOD:Lower-Carb Dessert</p>	<p>29 Beef Fajita Bowl with Rice(276) Spinach(93) 1 Tortilla(170) Fruit du Jour</p>	<p>30 Pork with Mushroom Cream Sauce(200) Mashed Potato(22) Broccoli/Red Pepper(26) Wheat Roll(150) Fruit du Jour</p>	
727 cals; 967mg sodium		760 cals; 927mg sodium	847 cals; 695mg sodium	709 cals; 555mg 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.