

ELDER NUTRITION PROGRAM

Nantucket County MAY 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
<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>			1 Shrimp with Pesto Cream Sauce(564)* Pasta(4) Peas(79) Garlic Bread(270) Fruit du Jour 736 cal; 1073mg sodium
*indicates item with more than 500mg sodium				
4 Shepherd's Pie(281) Carrots(56) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	5 Chili made with ground turkey & beans(281) Brown Rice & Quinoa(43) Green Beans(20) Mini Cornbread(280) Diet Jello(8)	6 COLD PLATE Italian Pasta Salad with Diced Chicken(245) Broccoli Salad sprinkled w/shredded cheese(146) Whole Grain Bread(150) Fruit du Jour	7 Potato Pollock(330) Roast Sweet Potato(53) Zucchini(20) Wheat Roll(150) Fruit du Jour Tartar Sauce pkt(85)	8 Beef Stew(158) Butternut Squash(7) Biscuit(310) Fruit du Jour
835 cal; 722mg sodium	771 cal; 787mg sodium	728 cal; 697mg sodium	700 cal; 794mg sodium	788 cal; 635mg sodium
11 Pork with Honey-Mustard Sauce(207) Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Fruit du Jour Sour Cream pkt(9)	12 COLD PLATE Egg Salad with Chives on Lettuce(288) Artichoke-Couscous Salad(138) Beet Salad(86) Croissant(199) Fruit du Jour	13 Pollock with Rosemary Garlic Sauce(388) Roast Potato(90) California Veg(34) Wheat Bread(150) Iced Chocolate Cake(182) MOD:Lower-Carb Dessert	14 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Spinach(93) Wheat Roll(150) Diet Pudding(127)	15 Chicken Cacciatore(503)* Pasta(4) Broccoli(26) Garlic Bread(270) Fruit du Jour
717 cal; 600mg sodium	892 cal; 867mg sodium	866 cal; 999mg sodium	780 cal; 1001mg sodium	700 cal; 963mg sodium
18 Omelet with Swiss Cheese(336) Home Fries with Peppers & Onions(63) Spinach(93) Blueberry Snack Loaf(160) Yogurt(75)	19 Salmon with Dill Sauce(183) Brown Rice Pilaf(40) California Veg(34) Wheat Bread(150) Iced Banana Cake(260) MOD:Lower-Carb Dessert	20 Beef Stroganoff(241) Egg Noodles(4) Brussels Sprouts & Carrots(41) Wheat Roll(150) Fruit du Jour	21 Chicken Marsala(396) Roast Sweet Potato(53) Green Beans(20) Wheat Bread(150) Fruit du Jour	22 Roast Turkey with Gravy(578)* Mashed Potato with Gravy(101) Mixed Root Veg(65) Mini Cornbread(280) Fruit du Jour
794 cal; 882mg sodium	950 cal; 822mg sodium	806 cal; 593mg sodium	704 cal; 775mg sodium	668 cal; 1189mg sodium
25 SITES CLOSED 	26 Spaghetti & Meatballs with Marinara Sauce & parm garnish(597)* Mixed Veg(60) Garlic Bread(270) Fruit du Jour	27 Chicken with Stewed Tomato(355) Polenta(16) California Veg(34) Wheat Roll(150) Fruit du Jour	28 COLD PLATE Tuna Salad with Lettuce(404) Tomato, Corn, & Red Pepper Salad(131) Marinated Cuke Salad(3) Hawaiian Burger Bun(120) Pound Cake(240) MOD:Lower-Carb Dessert	29 Beef Stir-fry with Broccoli(385) Veggie Brown Rice Pilaf(46) Wheat Bread(150) Fruit du Jour
MEMORIAL DAY	734 cal; 1083mg sodium	750 cal; 711mg sodium	887 cal; 1053mg sodium	761 cal; 737mg 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.