

ELDER NUTRITION PROGRAM**Nantucket County AUGUST 2026****Reservations & Cancellations must be made three business days in advance.****Menu subject to change without notice.****MEALS ON WHEELS****508-228-4647****Elde**
of Cape C**Main Office in S. Dennis: 508-3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 Cheeseburger(390) Black Beans, Corn, & Red Pepper(91) Spinach(93) Hawaiian Burger Bun(120) Fudge Cookie(80) MOD:Lorna Doones(147) Ketchup pkt(82) 756 cals; 1011mg sodium	4 Beefy Mac & Cheese (480) Cheese Tortellini (155) Brussel Sprouts (26) Wheat Roll (150) Pear (2) 907 Cals; 948mg sodium	5 Potato Pollock(330) Roast Sweet Potato(53) Broccoli(26) Wheat Roll(150) 2 Fresh Clementines(1) Tartar Sauce pkt(85) 703 cals; 800mg sodium	6 COLD PLATE Mediterranean Salad with diced chicken, quinoa, pesto, & veg(264) Shaved Brussels Sprouts Salad(11) Wheat Bread(150) Fresh Banana(1) 806 cals; 581mg sodium
10 Turkey Chili(281) Corn(19) Green Beans(20) Wheat Bread(150) Chocolate Cake(182) MOD:Lorna Doones(147) 882 cals; 807mg sodium	11 Shrimp Tacos with Cheese (67) Cilantro Lime Rice (67) Black Beans and Peppers (67) Tortilla Wrap (135) Orange (0) 700 cals; 935mg sodium	12 COLD PLATE Roast Beef & Provolone on Romaine(350) Potato Salad(340) Pickled Cabbage Slaw(10) Hawaiian Burger Bun(120) Fresh Apple(1) Mayo pkt(55) 780 cals; 1031mg sodium	13 Chicken Thigh Saltimbocca(333) Mashed Potato(22) Mixed Veg(60) Wheat Roll(150) Fresh Banana(1) 734 cals; 721mg sodium
17 Lemon Ricotta Chicken strips(480) Roast Sweet Potato(53) Green Beans with Red Pepper(20) Garlic Bread(270) Applesauce Cup(15) 796 cals; 993mg sodium	18 Chicken Carbonara with Har Whole Grain Pasta (4) Broccoli (38) Dinner roll (100) Pears (0) 700 cals; 907mg sodium	19 Shrimp Abruzzi(488) Orzo(4) Peas & Carrots(68) Wheat Bread(150) Lorna Doones(147) for both reg & MOD 680 cals; 1012mg sodium	20 COLD PLATE HIGH SODIUM MEAL Chef Salad with ham, American cheese, & hard-boiled egg(556)* Three Bean Salad(218) Wheat Roll(150) Pound Cake with Blueberries(151) in tray Ranch Dressing pkt(94) 775 cals; 1324mg sodium
24 Swiss Cheese Omelet(336) Home Fries with Peppers & Onions(63) Stewed Tomatoes(252) Cranberry-Orange Snack Loaf(120) Yogurt(75) 741 cals; 1001mg sodium	25 Sloppy Joe (112) Baked Pinto Beans (140) California Blend Vegetables Wheat Hamburger Bun (75) Orange (1) 793 cals; 497mg sodium	26 COLD PLATE Chicken Salad with Grapes on Romaine(162) Artichoke-Couscous Salad(138) Zucchini Salad(119) Croissant(199) Fresh Pear(2) 839 cals; 775mg sodium	27 Beef Stroganoff(241) Egg Noodles(4) Beets & Greens(117) Wheat Bread(150) 2 Fresh Clementines(1) 789 cals; 668mg sodium
31 Pork with Mustard-Wine Sauce(271) Baked Potato(4) Mixed Veg(60) Wheat Roll(150) Pudding(135) Sour Cream pkt(9) 787 cals; 784mg 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>

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg

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Cod and the Islands

94-4630



FRIDAY

7

Pork Lo Mein with
Noodles(396)
California Veg(34)
Mini Cornbread Loaf(180)
Pineapple in tray(1)

720 cal; 766mg sodium

14

Cajun White Fish(342)
Brown Rice & Beans(57)
Broccoli(26)
Wheat Bread(150)
Pears in tray(5)

669 cal; 735mg sodium

21

Homemade Meatloaf
with Gravy(377)
Mashed Potato with
Gravy(99)
Spinach(93)
Wheat Bread(150)
Peaches in tray(5)

756 cal; 879mg sodium

28

Roast Turkey with
Gravy(578)*
Mash. Potato/Gravy(101)
California Veg(34)
Mini Cornbread Loaf(180)
Pears in tray(5)

667 cal; 1053mg sodium

Thank you for
your voluntary
donation of
\$4.00 per meal
towards actual
cost of \$20.25

*indicates items with
ore than 500mg sodium

milk.

sodium.