

ELDER NUTRITION PROGRAM

Nantucket County

OCTOBER 2026

MEALS ON WHEELS

508-228-4647



Elder Services

of Cape Cod and the Islands

Menu subject to change without notice.

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

Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg.

Total calories (cals) & sodium for the entire meal are noted below each day & include margarine & milk.

<i>To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk & have them with another meal or snack.</i>			<i>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</i> *Indicates items with more than 500mg sodium	Thursday, October 1 Braised Beef with Veg(139) Brown Rice Pilaf(40) Spinach & Red Peppers(73) Wheat Roll(150) Fruit du Jour(varies) 788 cals; 558mg sodium	Friday, October 2 Swedish Meatballs(432) Roast Potato(90) Broccoli(26) Whole Grain Bread(150) Fruit du Jour(varies) 695 cals; 858mg sodium
Monday, October 5 Deconstructed Chicken Pot Pie(171) Green Beans & Red Peppers(20) Buttermilk Biscuit(310) Sweet of the Week MOD:Lower-Carb Dessert 809 cals; 803mg sodium	Tuesday, October 6 Yankee Pot Roast(326) Potatoes Au Gratin(424) Mixed Veg(60) Wheat Roll(150) Yogurt(75) 730 cals;1190mg sodium	Wednesday, October 7 Roast Turkey with Gravy(578)* Mashed Potato with Gravy(101) Carrots(56) Cornbread(280) Fruit du Jour(varies) 676 cals;1170mg sodium	Thursday, October 8 Chicken with Pesto Cream Sauce(634)* Pasta(4) Broccoli(26) Wheat Roll(150) Fruit du Jour(varies) 757 cals; 970mg sodium	Friday, October 9 Pork with Mustard Wine Sauce(271) Mashed Sweet Potato(47) Veg Medley(45) Whole Grain Bread(150) Fruit du Jour(varies) 713 cals; 669mg sodium	
Monday, October 12 SITES CLOSED  INDIGENOUS PEOPLES DAY	Tuesday, October 13 Lasagna with Turkey Bolognese & parm garnish(543)* Tuscan Veg(53) Whole Grain Bread(150) Fruit du Jour(varies) 685 cals; 902mg sodium	Wednesday, October 14 Chicken & Veg Stir-fry(323) White Rice(24) Stir-fry Veg Blend(38) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert 685 cals; 760mg sodium	Thursday, October 15 Salmon with Creamy Dill Sauce(183) Roast Potato(90) Black Beans, Corn, & Red Peppers(91) Hawaiian Dinner Roll(80) Fruit du Jour(varies) 689 cals; 605mg sodium	Friday, October 16 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Broccoli(26) Whole Grain Bread(150) Fruit du Jour(varies) 758 cals; 812mg sodium	
Monday, October 19 French Onion Chicken(301) Mashed Potato(22) California Veg(34) Wheat Roll(150) Pudding(135) 765 cals; 797mg sodium	Tuesday, October 20 Pork Loin with Honey-Mustard Sauce(207) Baked Potato(4) Broccoli/Red Pepper(26) Whole Grain Bread(150) Sweet of the Week MOD:Lower-Carb Dessert Sour Cream pkt(9) 761 cals; 698mg sodium	Wednesday, October 21 Tortellini Mac & Cheese with Ground Beef(670)* Mixed Veg(60) Wheat Roll(150) Fruit du Jour(varies) 869 cals;1035mg sodium	Thursday, October 22 Cheddar Omelet(470) Home Fries with Peppers & Onions(63) Spinach(93) Small Muffin(240) Fruit du Jour(varies) 800 cals;1022mg sodium	Friday, October 23 White Fish Florentine(251) Brown Rice Pilaf(40) Brussels Sprouts(29) Garlic Bread(270) Fruit du Jour(varies) 697 cals; 750mg sodium	
Monday, October 26 Beef Stroganoff(241) Egg Noodles(4) Tuscan Veg(53) Wheat Roll(150) Yogurt(75) 801 cals; 678mg sodium	Tuesday, October 27 Chicken Cordon Royale(550)* Roast Sweet Potato(53) Peas(79) Whole Grain Bread(150) Fruit du Jour(varies) 763 cals; 987mg sodium	Wednesday, October 28 Shrimp Alfredo(622)* Fettuccini(4) California Veg(34) Garlic Bread(270) Fruit du Jour(varies) 687 cals;1086mg sodium	Thursday, October 29 Southwest Chili with ground beef, beans, & shredded cheese(414) Green Beans & Red Peppers(20) Cornbread(280) Fruit du Jour(varies) 789 cals; 884mg sodium	Friday, October 30 Chicken with Garlic-Herb Cream Sauce(366) Pumpkin Ravioli(180) Broccoli(26) Wheat Roll(150) Halloween Dessert MOD:Lower-Carb Dessert 1049 cals;1138mg sodium	