

# ELDER NUTRITION PROGRAM

Nantucket County AUGUST 2016

508-228-4647

**Reservations & Cancellations must be**

**made two business days in advance.**



access / service / advocacy

*Menu subject to change without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Ravioli (130) Meat Sauce (148) Parmesan Cheese (108) Green Beans (3) Whole Wheat Bread (135) Fresh Fruit (1)	<b>2</b> Pork Loin with Peach Glaze (293) Fresh Sweet Potato (41) Zucchini (2) Whole Wheat Roll (105) Applesauce Cup (15)	<b>3</b> Cheeseburger (402) Ketchup (82) Baked Beans (140) Cauliflower (14) Hamburger Roll (320) Fresh Fruit (1)	<b>4</b> Chicken Fajita (464) Beans & Brown Rice (94) Corn (1) Pita Bread (75) Pudding (200) MOD: Diet Pudding (160)	<b>5</b> Pollock with Orange Sauce (100) Mashed Potato (8) Spinach (88) Rye Bread (230) Sweet of the Week(varies) MOD: Graham Crax (95)
<b>689 cal; 675mg sodium</b>	<b>668 cal; 606mg sodium</b>	<b>773 cal; 1109mg sodium</b>	<b>710 cal; 983mg sodium</b>	<b>743 cal; 716mg sodium</b>
<b>8</b> Omelet with American Cheese (406) Home Fries (62) Peppers & Onions (2) Snack Loaf (115) Fresh Fruit (1)	<b>9</b> Stuffed Peppers (172) Hot Chickpea Salad (145) Carrots (53) Whole Wheat Roll (105) Sweet of the Week(varies) MOD: Graham Crax (95)	<b>10 COLD PLATE</b> Chicken Salad (70) with Lettuce & Tomato (2) German Potato Salad (73) Red Cabbage Cole Slaw (56) Slider Roll (125) Fruited Yogurt (75)	<b>11</b> Salmon with Dill Sauce (197) Baked Potato (4) Sour Cream (13) Brussels Sprouts (14) Whole Wheat Bread (135) Fresh Fruit (1)	<b>12</b> Cheese Lasagna (290) Meat Sauce (148) Parmesan Cheese (108) Broccoli (10) Whole Wheat Bread (135) Hot Cinnamon Apples (64)
<b>694 cal; 736mg sodium</b>	<b>789 cal; 765mg sodium</b>	<b>728 cal; 551mg sodium</b>	<b>588 cal; 514mg sodium</b>	<b>713 cal; 905mg sodium</b>
<b>15</b> American Chop Suey (181) Carrots & Cauliflower (34) Italian Bread (190) Sweet of the Week(varies) MOD: Graham Crax (95)	<b>16</b> Spanish Chicken (588)* Brown & Wild Rice (31) Broccoli & Corn (6) Whole Wheat Bread (135) Fresh Fruit (1)	<b>17</b> Baked Fish w/Crumb Top. & Lemon Wedge (146) Whip. Sweet Potato (42) Green Peas (3) Whole Wheat Bread (135) Pudding (200) MOD: Diet Pudding (160)	<b>18</b> Swedish Meatballs with Gravy (244) over Egg Noodles (4) Lima Beans with Red Pepper (57) Whole Wheat Roll (105) Fresh Fruit (1)	<b>19</b> Roast Pork with Pine- apple & Bean Salsa (317) Roast Potato (6) Green Beans (3) Rye Bread (230) Fresh Fruit (1)
<b>715 cal; 694mg sodium</b>	<b>645 cal; 910mg sodium</b>	<b>701 cal; 676mg sodium</b>	<b>706 cal; 560mg sodium</b>	<b>722 cal; 706mg sodium</b>
<b>22</b> Chicken Chili (404) Herbed Brown Rice (98) Broccoli (10) Cornbread (290) Fresh Fruit (1)	<b>23 COLD PLATE</b> Egg Salad (170) with Lettuce & Tomato (2) Riviera Salad (81) Cucumber-Tomato Salad (55) Slider Roll (125) Pudding (200) MOD: Diet Pudding (160)	<b>24</b> Stuffed Shells (430) Meat Sauce (148) Parmesan Cheese (108) Green Beans & Corn (4) Whole Wheat Roll (105) Fresh Fruit (1)	<b>25</b> Roast Turkey with Apple Cider Gravy (533)* Mashed Potato (8) Collard Greens (31) Whole Wheat Roll (105) Sweet of the Week(varies) MOD: Graham Crax (95)	<b>26</b> Pot Roast (74) Baked Potato (4) Sour Cream (13) Peas & Carrots (28) Whole Wheat Bread (135) Fresh Fruit (1)
<b>707 cal; 953mg sodium</b>	<b>626 cal; 783mg sodium</b>	<b>702 cal; 946mg sodium</b>	<b>750 cal; 967mg sodium</b>	<b>731 cal; 405mg sodium</b>
<b>29</b> Pollock Crunch (220) Tartar Sauce (107) Roast Potato (6) Chef's Choice Vegetable Blend (43) Whole Wheat Bread (135) Fresh Fruit (1)	<b>30</b> Chicken Pasta Primavera (478) Spinach (88) Whole Wheat Roll (105) Fresh Fruit (1)	<b>31 COLD PLATE</b> Chef Salad with Turkey (458) Broccoli-Tomato Salad (64) Zucchini-Red Pepper Salad (64) Whole Wheat Bread (135) Birthday Cake (165) MOD: Graham Crax (95)	<i>In order to reduce                      sodium at this meal,                      you may want to omit                      condiments and/or                      save items such as                      bread, milk, or dessert                      &amp; have them with                      another meal or snack.</i>	<i>* indicates item                      with more than                      500mg sodium.</i>
<b>719 cal; 662mg sodium</b>	<b>730 cal; 822mg sodium</b>	<b>689 cal; 1034mg 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 35mg; Milk adds 115mg sodium.