

ELDER NUTRITION PROGRAM

Nantucket County OCTOBER 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
3 Pollock Bites (360) Tartar Sauce (130) Fresh Sweet Potato (41) Zucchini with Red Peppers (2) Whole Wheat Bread (150) Fresh Fruit (1) 803 cal; 839mg sodium	4 Chicken Cacciatore (343) Parslied Rotini Pasta (4) Broccoli (12) Whole Wheat Roll (180) Pudding (200) MOD: Diet Pudding (127) 689 cal; 894mg sodium	5 Omelet with American Cheese (412) Home Fries (62) Spinach with Mushrooms (184) Snack Loaf (115) Fresh Fruit (1) 708 cal; 928mg sodium	6 Turkey Stew (528)* Butternut Apple Squash (4) Whole Wheat Roll (180) Sweet of the Week(varies) MOD: Graham Crax (95) 721 cal; 971mg sodium	7 Aloha Chicken (340) Brown & Wild Rice (31) Carrots & Cauliflower (42) Whole Wheat Roll (180) Fresh Fruit (1) 657 cal; 749mg sodium
10 SITES CLOSED  Columbus Day	11 Breaded Pork (500)* with Pineapple & Black Bean Salsa (31) Roasted Potato (6) Collard Greens/Onion(50) Whole Wheat Bread (150) Fresh Fruit (1) 791 cal; 893mg sodium	12 Stuffed Peppers (192) Whip. Sweet Potato (24) Diced Beets (173) Rye Bread (280) Fruited Yogurt (75) 765 cal; 899mg sodium	13 Chicken Pasta Primavera (390) Broccoli (12) Whole Wheat Bread (150) Hot Caramelized Peaches (64) 777 cal; 742mg sodium	14 Fish Almondine (136) Baked Potato (4) Sour Cream (13) Peas & Carrots (74) Whole Wheat Roll (180) Fresh Fruit (1) 688 cal; 563mg sodium
17 Kayem Hot Dog (490) Mustard (55) Relish (81) Baked Beans (140) Brussels Sprouts (17) Wheat Hot Dog Bun (250) Fresh Fruit (1) 681 cal; 1189mg sodium	18 Italian Style Pork Meatballs (396) over Bowtie Pasta (4) Marinara Sauce (91) Green Peas (82) Whole Wheat Roll (180) Fresh Fruit (1) 747 cal; 907mg sodium	19 Chicken Marsala (459) Orzo with Carrots (22) Cauliflower & Corn (10) Whole Wheat Bread (150) Sweet of the Week(varies) MOD: Graham Crax (95) 707 cal; 880mg sodium	20 Salmon (54) with Newburg Sauce (99) Fresh Sweet Potato (41) Green Beans (3) Whole Wheat Roll (180) Pudding (200) MOD: Diet Pudding (127) 817 cal; 732mg sodium	21 Beef, Brown Rice, & Broccoli Casserole (423) Butternut Squash (2) Whole Wheat Bread (150) Hot Cinnamon Apples(64) 785 cal; 794mg sodium
24 Stuffed Shells (390) Meat Sauce (102) Parmesan Cheese (108) Green Beans (3) Whole Wheat Roll (180) Hot Cinnamon Pears (64) 761 cal; 1002mg sodium	25 COLD PLATE Chicken Salad (70) with Lettuce & Tomato (2) Pasta Salad with Vinaigrette (8) Cole Slaw (56) Slider Roll (200) Fruited Yogurt (75) 829 cal; 797mg sodium	26 Catch of the Day (294) Brown Rice & Kidney Beans (35) Broccoli (12) Whole Wheat Bread (150) Birthday Cake (170) MOD: Graham Crax (95) 755 cal; 816mg sodium	27 Roast Pork Loin with Apricot Glaze (60) Baked Potato (4) Sour Cream (13) Carrots & Corn (34) Rye Bread (280) Applesauce Cup (15) 745 cal; 562mg sodium	28 Happy Halloween! Roast Beast a la Dracula (56) Monster Mash Potato(143) Trick or Treat Vegetable Blend (51) Corn Bread (211) Fresh BOOnana (1) 859 cal; 617mg sodium
31 Chicken with Dijon-Tarragon Gravy (451) Roasted Potato (6) Broccoli & Corn (7) Whole Wheat Bread (150) Sweet of the Week(varies) MOD: Graham Crax (95) 774 cal; 907mg sodium	Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$15.00	* indicates item with more than 500mg sodium.	In order to reduce sodium at this meal, you may want to omit condiments and/or save items such as bread, milk, or dessert & have them with another meal or snack.	

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 47mg; Milk adds 107mg sodium.