

ELDER NUTRITION PROGRAM

Nantucket County NOVEMBER 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
<p><i>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$15.00</i></p>	<p>1 Lasagna (290) Meat Sauce (102) Parmesan Cheese (108) Carrots/Cauliflower (42) Whole Wheat Roll (180) Hot Cinnamon Apples (64)</p>	<p>2 Meatballs (190) with Tomato Sauce (290) on a Sub Roll (330) O'Brien Potatoes (31) Fiesta Vegetable Blend (15) Fresh Fruit (1)</p>	<p>3 Beef Tips with Mushroom Gravy (72) Whip. Sweet Potato (31) Green Beans (3) Rye Bread (280) Fruited Yogurt (75)</p>	<p>4 Chicken Teriyaki (574)* Fried Brown Rice (5) Chinese Vegetable Blend (25) Snack Loaf (115) Fresh Fruit (1)</p>
	717 cal; 941mg sodium	776 cal; 1011mg sodium	734 cal; 616mg sodium	696 cal; 875mg sodium
<p>7 Omelet with Broccoli-Provolone Sauce (383) Home Fries (62) Peppers & Onions (2) Whole Wheat Roll (180) Fresh Fruit (1)</p>	<p>8 Hamburger (200) Ketchup (82) Macaroni & Cheese side dish (308) Zucchini & Tomatoes (56) Hamburger Bun (250) Fresh Fruit (1)</p>	<p>9 Salmon with Dill Sauce (79) Potato Wedges (261) Brussels Sprouts (17) Whole Wheat Roll (180) Fruited Yogurt (75)</p>	<p>10 Orange-Almond Chicken (327) Mashed Potato (135) Spinach/Red Pepper (106) Whole Wheat Roll (180) Sweet of the Week(varies) MOD: Graham Crax (95)</p>	<p>11 SITES CLOSED </p>
724 cal; 784mg sodium	731 cal; 1050mg sodium	729 cal; 767mg sodium	711 cal; 982mg sodium	
<p>14 Filet-o-Fish (220) on a Slider Roll (200) Tartar Sauce (130) Orzo with Vegetables (2) Green Beans (3) Applesauce Cup (15)</p>	<p>15 Beef Chili (298) Brown & Wild Rice (31) Spinach (110) Corn Bread (211) Fresh Fruit (1)</p>	<p>16 Chicken Divan (356) Fresh Sweet Potato (41) Corn (1) Whole Wheat Bread (150) Pudding (200) MOD: SF Pudding (127)</p>	<p>17 Italian Pot Roast (191) Baked Potato (4) Sour Cream (13) Carrots/Cauliflower (42) Whole Wheat Bread (150) Sweet of the Week(varies) MOD: Graham Crax (95)</p>	<p>18 Roast Pork with Apple Cider Gravy (112) Mashed Potato (135) Collard Greens (57) Rye Bread (280) Fresh Fruit (1)</p>
732 cal; 724mg sodium	847 cal; 805mg sodium	740 cal; 902mg sodium	785 cal; 720mg sodium	726 cal; 740mg sodium
<p>21 Meatloaf with Gravy (330) Fresh Sweet Potato (41) Diced Beets (173) Whole Wheat Bread (150) Fresh Fruit (1)</p>	<p>22 Chicken Piccata over Pasta (361) Broccoli & Corn (7) Whole Wheat Roll (180) Hot Cinnamon Peaches (64)</p>	<p>23 HIGH SODIUM MEAL Rst Turkey w/Gravy (788)* Stuffing Garnish (66) Cranberry Sauce (4) Mashed Potato (135) Broccoli/Cauliflower (14) Whole Wheat Bread (150) Sweet of the Week(varies) MOD: Diet Orange Jello(8)</p>	<p>24 SITES CLOSED </p>	<p>25 Ravioli (477) Meat Sauce (102) Parmesan Cheese (108) Peas & Cauliflower (50) Whole Wheat Roll (180) Hot Cinnamon Pears (64)</p>
711 cal; 850mg sodium	750 cal; 766mg sodium	760 cal; 1470mg sodium		769 cal; 1135mg sodium
<p>28 Lemon-Pepper Chicken (334) Roast Potato (6) Peas & Carrots (75) Whole Wheat Roll (180) Fresh Fruit (1)</p>	<p>29 "Catch of the Day" (440) Butternut Squash (2) Green Beans & Cauliflower (11) Whole Wheat Bread (150) Pudding (200) MOD: SF Pudding (127)</p>	<p>30 Stuffed Shells (390) Meat Sauce (102) Parmesan Cheese (108) Chef's Veggie Blend (51) Whole Wheat Bread (150) Birthday Cake (170) MOD: Graham Crax (95)</p>	<p><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 & have them with another meal or snack.</i></p>	<p><i>*indicates item with more than 500mg sodium</i></p>
664 cal; 749mg sodium	715 cal; 957mg sodium	817 cal; 1126mg 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 47mg; Milk adds 107mg sodium.