

ELDER NUTRITION PROGRAM

Nantucket County DECEMBER 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><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>	<p>1 Roast Pork with Apricot Glaze (60) Potato Wedges (261) Green Beans (3) Whole Wheat Roll (180) Applesauce Cup (15)</p>	<p>2 Spanish Pot Roast (97) Whipped Yams (31) Lima Beans with Red Pepper (57) Rye Bread (280) Fresh Fruit (1)</p>
			765 cal; 674mg sodium	729 cal; 621mg sodium
<p>5 Crunchy Pollock (220) Tartar Sauce (130) Mashed Potato (135) Peas & Carrots (75) Whole Wheat Roll (180) Fresh Fruit (1)</p>	<p>6 Baked Ziti (261) Green Beans with Red Pepper (3) Whole Wheat Bread (150) Sweet of the Week(varies) MOD: Grahams (95)</p>	<p>7 Breaded Pork with Mango Salsa (526)* Herbed Brown Rice (41) Broccoli (12) Whole Wheat Bread (150) Fresh Fruit (1)</p>	<p>8 Beef Burgundy (100) Baked Potato (4) Sour Cream (13) Carrots/Cauliflower (42) Whole Wheat Roll (180) Pudding (200) MOD: SF Pudding (127)</p>	<p>9 Chicken Stew (120) Butternut Apple Squash (4) Whole Wheat Bread (150) Hot Caramelized Peaches (75)</p>
739 cal; 894mg sodium	833 cal; 654mg sodium	779 cal; 884mg sodium	707 cal; 694mg sodium	708 cal; 504mg sodium
<p>12 American Chop Suey (275) Parmesan Cheese (108) Carrots & Cauliflower (42) Whole Wheat Bread (150) Fruited Yogurt (75)</p>	<p>13 Omelet topped with Swiss Cheese (333) Home Fries (62) Spinach with Red Pepper (106) Whole Wheat Roll (180) Fresh Fruit (1)</p>	<p>14 Shepherd's Pie (175) Brussels Sprouts (17) Rye Bread (280) Hot Caramelized Pears (75)</p>	<p>15 Chicken Marsala (459) Fresh Sweet Potato (41) Broccoli (12) Whole Wheat Bread (150) Sweet of the Week(varies) MOD: Grahams (95)</p>	<p>16 Salmon with Balsamic-BBQ Sauce (560)* Roasted Potato (6) Collard Greens (57) Snack Loaf (115) Fresh Fruit (1)</p>
766 cal; 805mg sodium	700 cal; 835mg sodium	756 cal; 701mg sodium	722 cal; 922mg sodium	719 cal; 893mg sodium
<p>19 Swedish Meatballs (237) over Buttered-Seasoned Egg Noodles (40) Broccoli (12) Whole Wheat Bread (150) Hot Caramelized Apples (76)</p>	<p>20 Stuffed Peppers (192) Whipped Yams (31) Italian Bread (380) Fresh Fruit (1)</p>	<p>21 Greek Chicken (489) Orzo with Vegetables (2) Green Peas (82) Whole Wheat Roll (180) Fruited Yogurt (75)</p>	<p>22 Fiesta Fish (208) Brown Rice & Kidney Beans (35) Mashed Cauliflower with Parmesan (79) Corn Loaf (211) Fresh Fruit (1)</p>	<p>23 HIGH SODIUM MEAL Baked Ham with Pineapple Glaze (841)* Mashed Potato (135) Gr Beans w/Red Pep (3) Whole Wheat Bread (150) Holiday Cookie (195) (same cookie for MOD)</p>
805 cal; 670mg sodium	767 cal; 758mg sodium	756 cal; 983mg sodium	712 cal; 689mg sodium	717 cal; 1443mg sodium
<p>26 SITES CLOSED</p>	<p>27 Lasagna (290) Meat Sauce (102) Parmesan Cheese (108) Broccoli (12) Whole Wheat Roll (180) Hot Caramelized Peaches (75)</p>	<p>28 Chicken a l'Orange (327) Tomato-Braised Potato (38) Chef's Choice Veg. (51) Whole Wheat Bread (150) Birthday Cake (170) MOD: Grahams (95)</p>	<p>29 Catch of the Day with Florentine Sauce (149) Fresh Sweet Potato (41) Diced Beets (173) Whole Wheat Roll (180) Pudding (200) MOD: SF Pudding (127)</p>	<p>30 Rst Turkey/Gravy (674)* Garnished w/Stuffing (66) Cranberry Sauce (4) Bkd Potato/Sour Crm(17) Butternut Squash (2) Whole Wheat Bread (150) Fresh Fruit (1)</p>
	732 cal; 922mg sodium	817 cal; 891mg sodium	715 cal; 898mg sodium	769 cal; 1070mg 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.