

ELDER NUTRITION PROGRAM

Nantucket County NOVEMBER 2019

Reservations & Cancellations must be

508-228-4647



made two business days in advance.

Menu subject to change without notice.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| | | <p>Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$15.00</p> <p><i>* indicates item w/ more than 500mg sodium.</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>1 Omelet with Mozzarella Cheese(380) Corned Beef Hash(297) Spinach(110) Snack Loaf(115) Fresh Orange(0)</p> |
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| <p>4 Chicken with Scarpariello Sauce(387) Italian Roast Potato(6) Brussels Sprouts(17) Whole Wheat Roll(180) Pudding(190) MOD: SF Pudding(127)</p> | <p>5 Lasagna with Meat Sauce(363) Parm Cheese(55) Winter Veg(14) Whole Wheat Roll(180) Fruit du Jour(varies)</p> | <p>6 Pollock with Orange-Lime Sauce(258) Baked Potato(6) Sour Cream(13) Stewed Tomatoes(251) Whole Grain Bread(150) Fruited Crunch Bar(80) MOD:Lower-Carb Dessert</p> | <p>7 Roast Pork with Maple-Mustard Sauce(99) Roast Sweet Potato(41) Diced Beets(173) Pumpnickel Bread(280) Fruit du Jour(varies)</p> | <p>8 Homemade Meatloaf with Gravy(155) Mashed Potato(135) Green Beans(3) Corn Muffin(280) Fresh Apple(2)</p> |
| 765 cal; 917mg sodium | 701 cal; 813mg sodium | 820 cal; 895mg sodium | 789 cal; 732mg sodium | 790 cal; 712mg sodium |
| <p>11 SITES CLOSED</p> | <p>12 BBQ Pork Patty(280) Baked Beans(440) Country Style Veg(40) LS Hamburger Roll(90) Fresh Orange(0)</p> | <p>13 Chicken Cacciatore over Spiral Pasta(481) Riviera Veg(5) Whole Grain Bread(150) Sweet of the Week(varies) MOD:Lower-Carb Dessert</p> | <p>14 Salmon with Spinach-Alfredo Sauce over Egg Noodles(323) Peas & Carrots(74) Whole Grain Bread(150) Fruit du Jour(varies)</p> | <p>15 Pot Roast with Gravy(68) Sweet Potato Wedges(267) Broccoli(12) Whole Grain Bread(150) Fresh Apple(2)</p> |
| Veteran's Day | 617 cal; 988mg sodium | 744 cal; 968mg sodium | 709 cal; 694mg sodium | 714 cal; 637mg sodium |
| <p>18 Stuffed Shells with Meat Sauce(463) Parm Cheese(55) Peas(82) Whole Grain Bread(150) Fruit du Jour(varies)</p> | <p>19 Chicken Marsala(414) Roast Potato(6) Chef's Choice Veg(51) Whole Grain Bread(150) Fresh Orange(0)</p> | <p>20 COLD PLATE Tuna Salad(125) Cole Slaw(56) 3-Bean Salad(82) Mini Kaiser Roll(200) Fruit du Jour(varies)</p> | <p>21 Spanish Pot Roast(97) Baked Potato(6) Sour Cream(13) Fiesta Veg(15) Pumpnickel Bread(280) Fig Bar(35) MOD:Lower-Carb Dessert</p> | <p>22 Rst Turkey w/Gravy & Stuffing Garnish(728)* Cranberry Sauce(4) Mashed Potato(135) Apple-Butternut Sq.(4) Whole Grain Bread(150) Holiday Dessert(139) MOD:Lower-Carb Dessert</p> |
| 725 cal; 951mg sodium | 624 cal; 758mg sodium | 749 cal; 602mg sodium | 858 cal; 583mg sodium | 781cal;1297mg* sodium |
| <p>25 Beef Tips with Sherry-Thyme Gravy(125) Roast Sweet Potato(41) Green Beans(3) Whole Grain Bread(150) Raisins(4)</p> | <p>26 Roast Pork with Apple-Cider Gravy(92) Tater Tots(341) Collard Greens(57) Whole Wheat Roll(180) Fruit du Jour(varies)</p> | <p>27 Chicken Pasta Primavera(350) Broccoli(12) Whole Grain Bread(150) Birthday Cake(170) MOD:Lower-Carb Dessert</p> | <p>28 SITES CLOSED</p> | <p>29 Sweet & Sour Meatballs over Brown Rice with Orzo(475) Asian Veg(25) Whole Wheat Roll(180) Fruit du Jour(varies)</p> |
| 852 cal; 461mg sodium | 859 cal; 809mg sodium | 888 cal; 820mg sodium | | 788 cal; 881mg 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 30mg; Milk adds 107mg sodium.