

ELDER NUTRITION PROGRAM

Nantucket County MAY 2023

508-228-4647



Elder Services

of Cape Cod and the Islands

Reservations & Cancellations must be

made two business days in advance.

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Egg Roll Skillet with ground turkey(626)* Brown Rice Pilaf(83) Green Beans(2) Hawaiian Dinner Roll(80) Sweet of the Week MOD:Lower-Carb Dessert	2 Shepherd's Pie with Mashed Potato, Corn, Peas, & Gravy(282) Brussels Sprouts(12) Wheat Bread(135) Pudding(135) MOD:Lower-Carb Dessert	3 Chicken with Balsamic Plum Tomato Sauce(447) Tortellini(225) Mixed Veg(9) Wheat Roll(135) Fruit du Jour	4 COLD PLATE Tuna Fish Salad(391) Couscous Salad with Artichoke(167) Tomato-Cuke Salad(15) Pita Bread(250) Fruit du Jour	5 Pork with Rosemary-Garlic Sauce(126) Scalloped Potato(221) Kale & Braised Beans(195) Wheat Bread(135) Fruit du Jour
708 cal; 1093mg sodium	729 cal; 719mg sodium	716 cal; 972mg sodium	778 cal; 980mg sodium	732 cal; 837mg sodium
8 Ravioli with Meat Sauce & parm garnish(535)* California Veg(17) Wheat Roll(135) Yogurt(50)	9 Cheddar Omelet(377) Sweet Potato & Black Bean Hash(80) Zucchini/Red Peppers(3) Cornbread(180) Fruit du Jour	10 Braised Beef with Veggies(70) Baked Potato(6) Carrots(43) Rye Bread(235) Fruit du Jour Sour Cream pkt(9)	11 Salmon Teriyaki(615)* Brown & Wild Rice(115) Veg Medley(16) Wheat Roll(135) Sweet of the Week MOD:Lower-Carb Dessert	12 Chicken Cordon Royale(550)* Mash. Sweet Potato(35) Peas(58) Wheat Bread(135) Fruit du Jour
709 cal; 892mg sodium	793 cal; 796mg sodium	703 cal; 519mg sodium	748 cal; 1144mg sodium	698 cal; 938mg sodium
15 Beef Stroganoff over Egg Noodles(179) Broccoli(9) Cornbread(180) Sweet of the Week MOD:Lower-Carb Dessert	16 COLD PLATE Sliced Turkey(460) Potato Salad(186) Spinach Salad with Mandarin Oranges(29) Hawaiian Sweet Bun(120) Fruit du Jour Mayo pkt(55)	17 Potato Pollock(330) Brown Rice & Kidney Beans(60) Beets & Collards(81) Wheat Bread(135) Pudding(135) MOD:Lower-Carb Dessert Tartar Sauce pkt(85)	18 Chicken Bruschetta(528)* Bowtie Pasta(2) Tuscan Veg(35) Garlic Toast(350) Fruit du Jour	19 Meatloaf with Gravy(258) Mashed Potato with Gravy(161) Kale & Corn(15) Wheat Roll(135) Fruit du Jour
885 cal; 628mg sodium	759 cal; 1006mg sodium	758 cal; 981mg sodium	809 cal; 1071mg sodium	730 cal; 729mg sodium
22 Beef Stew(169) Green Beans(2) Biscuit(440) Fruit du Jour	23 Chicken Piccata(450) Polenta(14) Peas & Carrots(51) Wheat Bread(135) Fruit du Jour	24 Lasagna with Meat Sauce & parm garnish(488)* Veg Medley(16) Wheat Roll(135) Yogurt(50)	25 Southwestern Beans & Ground Turkey(301) Broccoli(9) Cornbread(180) Sweet of the Week MOD:Lower-Carb Dessert	26 BBQ Pulled Pork(675)* Butternut Squash(0) Collard Greens(43) Hawaiian Sweet Bun(120) Fruit du Jour
804 cal; 771mg sodium	732 cal; 806mg sodium	688 cal; 844mg sodium	710 cal; 792mg sodium	744 cal; 1007mg sodium
29 SITES CLOSED 	30 Spaghetti & Meatballs with Marinara Sauce & parm garnish(584)* Mixed Veg(9) Wheat Roll(135) Fruit du Jour	31 COLD PLATE Waldorf Chicken Salad(104) Beet Salad(86) Cole Slaw(70) Pita Bread(250) Sweet of the Week MOD:Lower-Carb Dessert	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25 <i>*indicates item w/ more than 500mg sodium.</i>	<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>
Memorial Day	702 cal; 884mg sodium	845 cal; 925mg 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 125mg sodium.