ELDER NUTRITION PROGRAM
Nantucket County
NOVEMBER 2026 ***MEALS ON WHEELS***
508-228-4647

Elder Services of Cape Cod and the Islands

Menu subject to change without notice.

Reservations & Cancellations must be made two business days in advance.
Each item is followed by milligrams (mg) of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg.
Total calories (cals) & sodium for the entire meal are noted below each day & include margarine & 1% milk.

Monday, November 2 Pork with Mushroom Cream Sauce(200) Roast Sweet Potato(53) Spinach(93) Whole Grain Bread(150) Sweet of the Week MOD: Lower-Carb Dessert **835 cals; 751mg sodium**	**Tuesday, November 3** Spaghetti & Meatballs witth Marinara & parm garnish(601)* California Veg(34) Wheat Roll(150) Yogurt(75) **746 cals;1015mg sodium**	**Wednesday, Nov. 4** Fish Piccata(317) Mashed Butternut(7) Green Beans(20) Garlic Bread(270) Fruit du Jour(varies) **698 cals; 769mg sodium**	**Thursday, November 5** Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Broccoli(26) Wheat Roll(150) Fruit du Jour(varies) **777 cals; 808mg sodium**	**Friday, November 6** Chicken Casserole with Egg Noodles(320) Mixed Veg(60) Whole Grain Bread(150) Fruit du Jour(varies) **717 cals; 686mg sodium**
Monday, November 9 Tortellini Mac & Cheese with Ground Beef(670)* Broccoli(26) Wheat Roll(150) Fruit du Jour(varies) **849 cals;1003mg sodium**	**Tuesday, November 10** Potato Pollock(330) Roast Sweet Potato(53) Green Beans(20) Whole Grain Bread(150) Fruit du Jour(varies) Tartar Sauce(85) **712 cals; 794mg sodium**	**Wednesday, Nov. 11** ***SITES CLOSED***  	**Thursday, November 12** Chicken Saltimbocca(333) Polenta(16) California Veg(34) Whole Grain Bread(150) Pudding(135) **761 cals; 823mg sodium**	**Friday, November 13** Beef with Onions & Peppers(104) Brown Rice Pilaf(40) Carrots(56) Buttermilk Biscuit(310) Fruit du Jour(varies) **863 cals; 670mg sodium**
Monday, November 16 Rosemary & Garlic Chicken(588)* Mashed Butternut(7) Spinach & Red Peppers(73) Whole Grain Bread(150) Fruit du Jour(varies) **789 cals; 979mg sodium**	**Tuesday, November 17** Pork Marsala(252) Orzo(4) Peas & Carrots(68) Wheat Roll(150) Fruit du Jour(varies) **739 cals; 644mg sodium**	**Wednesday, Nov. 18** Beef Chili(312) with Shredded Cheese(94) Broccoli(26) Cornbread(280) Pudding(135) **796 cals;1002mg sodium**	**Thursday, November 19** Salmon with Dill Sauce(183) Brown Rice & Beans(57) California Veg(34) Hawaiian Dinner Roll(80) Fruit du Jour(varies) **773 cals; 510mg sodium**	**Friday, November 20** ***HIGH SODIUM MEAL*** Roast Turkey with Gravy & Stuffing Garnish(822)* Mashed Potato(101) Green Beans(20) LS Dinner Roll(100) Holiday Dessert MOD: Diet Jello(17) **752 cals;1313mg sodium**
Monday, November 23 Cajun Shrimp(512)* Grits(51) Broccoli(26) Whole Grain Bread(150) Fruit du Jour(varies) **686 cals;895mg sodium**	**Tuesday, November 24** Cheesy Chicken & Rice Casserole(573)* Peas & Red Peppers(90) Wheat Roll(150) Sweet of the Week MOD: Lower-Carb Dessert **837 cals;1053mg sodium**	**Wednesday, Nov. 25** Omelet with Swiss Cheese(336) LS Potato Wedges(15) California Veg(34) Pumpkin Bread(250) - *count as bread & dessert* **830 cals;790mg sodium**	**Thursday, November 26** ***SITES CLOSED***  	**Friday, November 20** Lasagna with Beef Bolognese & parm garnish(550)* Brussels Sprouts(29) Garlic Bread(270) Fruit du Jour(varies) **758 cals;1009mg sodium**
Monday, November 30 Chicken Cacciatore(503)* Cheese Tortellini(204) Gr. Beans/Red Pep.(20) Wheat Roll(150) Sweet of the Week MOD: Lower-Carb Dessert **755 cals;1112mg sodium**	***Thank you for your voluntary donation of $4.00 per meal towards actual cost of $20.25***	 	***To reduce sodium and/or carbohydrate at this meal, you may want to save items such as bread, dessert, or milk & have them with another meal or snack.***	***Item has more than 500mg sodium**