

**ELDER NUTRITION PROGRAM**

**Nantucket County JUNE 2026**

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
<b>1</b> Broccoli & Cheese Stuffed Chicken(410) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(150) Yogurt(75)	<b>2 COLD PLATE</b> Sliced Turkey & Swiss on Romaine Lettuce(449) Couscous Salad(138) Tomato-Zuke Salad(132) Hawaiian Burger Bun(120) Fruit du Jour Mayo pkt(55)	<b>3</b> Braised Beef with Onion-Pepper Sauce(93) Baked Potato(4) Mixed Veg(60) Whole Grain Bread(150) Fruit du Jour Sour Cream pkt(9)	<b>4</b> CONGREGATE  SITE  CLOSED	<b>5</b> CONGREGATE  SITE  CLOSED
<b>720 cal; 863mg sodium</b>	<b>802 cal; 1050mg sodium</b>	<b>806 cal; 472mg sodium</b>	<b>736 cal; 685mg sodium</b>	<b>702 cal; 922mg sodium</b>
<b>8</b> Beef Stroganoff(241) Egg Noodles(4) Kale, Corn, & Red Pepper(25) Whole Grain Bread(150) Yogurt(75)	<b>9</b> Chicken Thigh with Rosemary-Garlic Sauce(258) Roast Potato(90) California Veg(34) Whole Grain Bread(150) Fruit du Jour	<b>10</b> Salmon with Pineapple-Mango Salsa(78) Tater Tots(230) Broccoli(26) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	<b>11 COLD PLATE</b> Greek Pasta Salad with Chicken, Olives, & Feta(301) Red Cabbage Slaw(97) Cornbread(380) Fruit du Jour	<b>12</b> Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Spinach(93) Whole Grain Bread(150) Fruit du Jour
<b>800 cal; 650mg sodium</b>	<b>805 cal; 689mg sodium</b>	<b>755 cal; 786mg sodium</b>	<b>799 cal; 934mg sodium</b>	<b>756 cal; 879mg sodium</b>
<b>15</b> Pork Spiced with Apples(84) Cheesy Mashed Potato(68) Mixed Veg(60) Wheat Roll(150) Diet Pudding(135)	<b>16 COLD PLATE</b> Tuna Salad on Romaine Lettuce(404) Tortellini Salad(238) Tomato-Cucumber Salad(66) Pita Pocket(215) Fruit du Jour	<b>17</b> Cheesy Brown Rice & Chicken Bake(573)* California Veg(34) Whole Grain Bread(150) Fruit du Jour	<b>18</b> Omelet with Monterey Jack Cheese Peppers & Onions(474) LS Potato Wedges(15) Blueberry Snack Loaf(160) Fruit du Jour	<b>19 SITES CLOSED</b> 
<b>726 cal; 652mg sodium</b>	<b>833 cal; 1079mg sodium</b>	<b>750 cal; 917mg sodium</b>	<b>800 cal; 809mg sodium</b>	
<b>22</b> Pasta Primavera with Chicken(461) Green Beans(20) Whole Grain Bread(150) Fruit du Jour	<b>23</b> Pork Loin w/ Mushroom-Cream Sauce(200) Butternut Squash(7) Broccoli(26) Wheat Roll(150) Diet Pudding(135)	<b>24</b> Roast Turkey with Gravy(578)* Roast Sweet Potato(53) Peas(79) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	<b>25 COLD PLATE</b> Roast Beef & Provolone on Romaine Lettuce(350) Potato Salad(340) Corn/Red Pep. Salad(5) Hawaiian Burger Bun(120) Fruit du Jour Mayo pkt(55)	<b>26</b> Tuscan Pollock(344) with Orzo(4) California Veg(34) Garlic Bread(270) Fruit du Jour
<b>707 cal; 787mg sodium</b>	<b>738 cal; 673mg sodium</b>	<b>666 cal; 1085mg sodium</b>	<b>843 cal; 1026mg sodium</b>	<b>720 cal; 812mg sodium</b>
<b>29</b> Beef Stew(158) Brussels Sprouts(29) Biscuit(310) Banana Cake(260) MOD:Lower-Carb Dessert	<b>30 COLD PLATE</b> Egg Salad on Romaine Lettuce(288) Quinoa Salad(112) Spinach Salad(26) Croissant(162) Fruit du Jour Salad Dressing pkt(119)		<i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert &amp; have them with another meal or snack.</i>	Thank you for your voluntary donation of <b>\$4.00 per meal</b> towards actual cost of <b>\$20.25</b>
<b>956 cal; 912mg sodium</b>	<b>981 cal; 864mg sodium</b>		<b>*indicates item with more than 500mg sodium</b>	

**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.