

ELDER NUTRITION PROGRAM

Nantucket County JULY 2026

508-228-4647



Reservations & Cancellations must be made two business days in advance.

Menu subject to change without notice.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another meal or snack.</i>	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</u> <i>*indicates items with more than 500mg sodium</i>	1 Hot Dog(540)* LS Baked Beans(140) California Veg(34) LS Hot Dog Roll(85) Fruit du Jour Mustard pkt(55)	2 Barbecue Chicken(310) LS Potato Wedges(15) Broccoli/Red Pepper(26) Hawaiian Dinner Roll(80) Holiday Dessert MOD:Lower-Carb Dessert	3 SITES CLOSED
6	7	8	9 COLD PLATE	10
Rosemary-Garlic Chicken(258) Mashed Potato(22) Brussels Sprouts & Carrots(41) Whole Grain Bread(150) Pudding(135) MOD:SF Pudding(127)	Shrimp Scampi with Angel Hair Pasta(436) Tuscan Veg(53) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	Cheddar Omelet(470) Roast Potato(90) Spinach/Red Pepper(73) Blueberry Snack Loaf(160) Fruit du Jour	Sliced Turkey & Swiss over Romaine(474) Artichoke-Couscous Salad(138) Carrot-Raisin Salad(212) Hawaiian Bun(120) Fruit du Jour Mayo pkt(55)	"A" Beef Stroganoff(241) Egg Noodles(4) Green Beans with Red Pepper(20) Mini Cornbread Loaf(180) Fruit du Jour
846 cal; 761mg sodium	808 cal; 976mg sodium	781 cal; 949mg sodium	843 cal; 1155mg sodium	859 cal; 600mg sodium
13	14	15 COLD PLATE	16	17
"A" Pork Marsala(252) Roast Sweet Potato(53) Beets & Collards(117) Wheat Roll(150) Sweet of the Week MOD:Lower-Carb Dessert	Spaghetti & Meatballs with Marinara Sauce & parm garnish(601)* Mixed Veg(60) Garlic Bread(270) Diet Jello(8)	Entree Garden Salad with Chicken(430) Shaved Brussels Sprouts Salad(11) Whole Grain Bread(150) Fruit du Jour Honey-Mustard Salad Dressing pkt(255)	Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Carrots(56) Wheat Roll(150) Fruit du Jour	Salmon with Dill Sauce(183) Brown Rice Pilaf(40) Broccoli/Red Pepper(26) Whole Grain Bread(150) Fruit du Jour
829 cal; 873mg sodium	769 cal; 1094mg sodium	688 cal; 1002mg sodium	764 cal; 838mg sodium	765 cal; 559mg sodium
20	21	22	23 COLD PLATE	24
Roast Turkey with Gravy(578)* Butternut Squash(7) Green Beans(20) Whole Grain Bread(150) Sweet of the Week MOD:Lower-Carb Dessert	Potato Pollock(330) Black Beans, Corn, & Red Pepper(91) Spinach(93) Wheat Roll(150) Fruited Yogurt(75) Tartar Sauce(85)	Thai Curry Coconut "A" Beef(102) Brown Rice Pilaf(40) California Veg(34) Wheat Roll(150) Fruit du Jour	Egg Salad with Chives over Romaine(288) Sweet Potato Salad(34) Tomato-Cuke Salad(66) Croissant(199) Fruit du Jour	Chicken Cacciatore(503)* Pasta(4) Broccoli(26) Garlic Bread(270) Fruit du Jour
672 cal; 1010mg sodium	677 cal; 979mg sodium	876 cal; 482mg sodium	937 cal; 743mg sodium	700 cal; 963mg sodium
27	28	29 COLD PLATE	30	31
"A" Beef Fajita(252) Brown Rice & Quinoa Pilaf(43) Kale & Beans(205) 1 Tortilla(170) Sweet of the Week MOD:Lower-Carb Dessert	Honey-Mustard "A" Pork(207) Mashed Potato(22) Mixed Veg(60) Wheat Roll(150) Pudding(135) MOD:SF Pudding(127)	Tuna Pasta Salad with Peas(408) Broccoli Salad with Cheese(146) Whole Grain Bread(150) Fruit du Jour	Deconstructed Chicken Pot Pie(171) Green Beans with Red Pepper(20) Biscuit(310) Fruit du Jour	Lasagna with Beef Bolognese & parm garnish(560)* California Veg(34) Garlic Bread(270) Fruit du Jour
903 cal; 910mg sodium	722 cal; 729mg sodium	871 cal; 861mg sodium	753 cal; 657mg sodium	735 cal; 1020mg 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.				