

ELDER NUTRITION PROGRAM**Nantucket County****SEPTEMBER 2026****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 and include margarine & milk.*

<i>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.</i>	Tuesday, Sept. 1 COLD PLATE Tuna Salad on Romaine(404) Caprese Pasta Salad(125) Zucchini Salad(119) Hawaiian Burger Bun(120) Sweet of the Week MOD: Lower-Carb Dessert 946 Cals; 1040mg Sodium	Wednesday, Sept. 2 Hot Dog(540)* Ketchup packet(82) Baked Beans(240) Green Beans & Red Peppers(20) Hot Dog Bun(140) Fruit du Jour(varies) 826 Cals; 1177mg Sodium	Thursday, Sept. 3 BBQ Chicken(384) Roast Sweet Potato(53) Broccoli(26) Whole Grain Bread(150) Fruit du Jour(varies) 712 Cals; 770mg Sodium	Friday, Sept. 4 Stuffed Shells with Beef Bolognese & parm garnish(458) Brussels Sprouts(29) Garlic Bread(270) Fruit du Jour(varies) 714 Cals; 917mg Sodium
Monday, Sept. 7 SITES CLOSED 	Tuesday, Sept. 8 COLD PLATE Egg Salad with Chives on Romaine(288) German Potato Salad(61) Carrot-Raisin Salad(212) Croissant(150) Sweet of the Week MOD: Lower-Carb Dessert 873 Cals; 983mg Sodium	Wednesday, Sept. 9 Beef with Onions & Peppers(106) Polenta with Cheese(136) Spinach(93) Wheat Roll(150) Fruit du Jour(varies) 803 Cals; 642mg Sodium	Thursday, Sept. 10 Roast Turkey with Gravy(578)* Mixed Root Veg(65) Green Peas(79) Cranberry-Orange Snack Loaf(120) Fruit du Jour(varies) 674 Cals; 998mg Sodium	Friday, Sept. 11 Cheesy Chicken Casserole with Brown Rice(573)* Broccoli(26) Cornbread(280) Fruit du Jour(varies) 844 Cals; 1039mg Sodium
Monday, Sept. 14 Broccoli & Cheese Stuffed Chicken(410) Butternut Squash(7) Beets & Greens(117) Wheat Roll(150) Fruit du Jour(varies) 681 Cals; 840mg Sodium	Tuesday, Sept. 15 Pork Marsala(252) Roast Sweet Potato(53) Green Beans(20) Wheat Roll(150) Pudding(135) 796 Cals; 765mg Sodium	Wednesday, Sept. 16 Salmon with Peach-Mango Salsa(78) Baked Potato(4) Sour Cream pkt(9) California Veg(34) Whole Grain Bread(150) Sweet of the Week MOD: Lower-Carb Dessert 736 Cals; 670mg Sodium	Thursday, Sept. 17 Homemade Meatloaf with Gravy(377) Mashed Potato with Gravy(99) Carrots(56) Wheat Roll(150) Fruit du Jour(varies) 748 Cals; 839mg Sodium	Friday, Sept. 18 Tuscan Chicken(254) Pasta(4) Mixed Veg(60) Whole Grain Bread(150) Fruit du Jour(varies) 798 Cals; 624mg Sodium
Monday, Sept. 21 Beef Stew(158) Kale & Corn(28) Buttermilk Biscuit(310) Sweet of the Week MOD: Lower-Carb Dessert 888 Cals; 751mg Sodium	Tuesday, Sept. 22 Swedish Meatballs with Egg Noodles(427) Brussels Sprouts(29) Whole Grain Bread(150) Diet Jello(8) 707 Cals; 769mg Sodium	Wednesday, Sept. 23 Chicken Cacciatore(503)* Tortellini(204) Tuscan Veg(53) Garlic Bread(270) Fruit du Jour(varies) 733 Cals; 1187mg sodium	Thursday, Sept. 24 Cheddar Omelet(470) LS Potato Wedges(15) Broccoli & Red Pepper(26) Whole Grain Bread(150) Fruit du Jour(varies) 739 Cals, 817mg Sodium	Friday, Sept. 25 Three-Bean Chicken Chili with Shredded Cheese(531)* California Veg(34) Cornbread(280) Fruit du Jour(varies) 719 Cals; 1000mg Sodium
Monday, Sept. 28 Chicken Saltimbocca(333) Roast Sweet Potato(53) Green Beans & Peppers(20) Whole Grain Bread(150) Sweet of the Week MOD: Lower-Carb Dessert 860 Cals; 921mg Sodium	Tuesday, Sept. 29 American Chop Suey(184) Broccoli(26) Garlic Bread(270) Pudding(135) 787 Cals; 770mg Sodium	Wednesday, Sept. 30 White Fish Piccata(317) Rice Pilaf(40) Peas & Carrots(68) Wheat Roll(150) Fruit du Jour(varies) 716 Cals; 730mg Sodium	<u>Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$20.25</u> *Indicates items with more than 500mg sodium	