

**ELDER NUTRITION PROGRAM**

**Nantucket County MARCH 2020**

**Reservations & Cancellations must be**

**508-228-4647**



access / service / advocacy



**made two business days in advance.**

**Menu subject to change without notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Meatloaf with Gravy(276) Mashed Potato(135) Broccoli(12) Whole Grain Bread(150) Sweet of the Week(varies) MOD:Lower-Carb Dessert	<b>3</b> Mozzarella Omelet(476) Zucchini(2) Pancakes(313) Diet Syrup(30) Fresh Orange(0) Yogurt(75)	<b>4</b> Swedish Meatballs over Egg Noodles(283) Brussels Sprouts(17) WW Roll(180) Fruit du Jour(varies)	<b>5</b> Chicken with Scarpariello Sauce(387) Italian Roast Potato(6) California Veg(30) Pumpernickel Bread(280) Fruit du Jour(varies)	<b>6</b> Pot Roast with Gravy(68) Tater Tots(341) Fiesta Veg Blend(15) Whole Grain Bread(150) Fruit du Jour(varies)
<b>789 cal; 941mg sodium</b>	<b>702 cal; 1035mg sodium</b>	<b>800cal; 682mg sodium</b>	<b>667 cal; 842mg sodium</b>	<b>723 cal; 713mg sodium</b>
<b>9</b> Chicken Stuffed with Broccoli & Cheese(410) Tom.-Braised Potato(39) Gr. Beans/Cauliflower(5) Whole Grain Bread(150) Sweet of the Week(varies) MOD:Lower-Carb Dessert	<b>10 COLD PLATE</b> Tuna Salad(125) 3-Bean Salad(82) Cole Slaw(56) Mini Kaiser Roll(200) Fruit du Jour(varies)	<b>11 Beef Tips with</b> Mushroom Gravy(112) Baked Potato(6) Sour Cream(13) Summer Veg Blend(65) Pumpernickel Bread(280) Pudding(190) MOD: SF Pudding(127)	<b>12</b> Lasagna with Meat Sauce(363) Parm Cheese(55) Broccoli(12) Snack Loaf(115) Fruit du Jour(varies)	<b>13</b> Roast Pork with Dijon Wine Sauce(277) Roast Sweet Potato(41) Spinach(110) WW Roll(180) Fruit du Jour(varies)
<b>883 cal; 906mg sodium</b>	<b>800 cal; 653mg sodium</b>	<b>836 cal; 803mg sodium</b>	<b>732 cal; 747mg sodium</b>	<b>868 cal; 747mg sodium</b>
<b>16 *High Sodium Meal*</b> Corned Beef(911)* Cabbage(20) Parslied Boiled Pot.(8) Carrots(67) Whole Grain Bread(150) Cupcake(170) MOD:Lower-Carb Dessert	<b>17</b> Chicken with Amatriciana Sauce over Spiral Pasta(512)* Collards(57) Whole Grain Bread(150) Fruit du Jour(varies)	<b>18 Roast Turkey</b> with Gravy(662)* Cranberry Sauce(4) Apple-Butternut Sq.(4) Green Beans(3) Whole Grain Bread(150) Fruit Crunch Bar(80) MOD:Lower-Carb Dessert	<b>19</b> Spanish Pot Roast(97) Cheddar Mashed Potato(265) Broccoli/Cauliflower(14) Corn Muffin(280) Fruit du Jour(varies)	<b>20</b> Unbreaded Pollock with Red Pepper Pesto(445) Brown Rice w/ Orzo(56) Peas & Corn(42) Whole Grain Bread(150) Fruit du Jour(varies)
<b>691 cal; 1464mg sodium</b>	<b>741 cal; 920mg sodium</b>	<b>797 cal; 1041mg sodium</b>	<b>731 cal; 795mg sodium</b>	<b>727 cal; 830mg sodium</b>
<b>23</b> Hamburger(200) Ketchup(82) Macaroni & Cheese side dish(146) Broccoli(12) WW Hamburger Bun(90) Yogurt(75)	<b>24</b> Stuffed Shells with Meat Sauce(463) Parm Cheese(55) Summer Veg Blend(65) 1/2 slice Italian Bread(190) Fruit du Jour(varies)	<b>25</b> Chicken Piccata(357) Roast Sweet Potato(41) Cauliflower(17) Whole Grain Bread(150) Birthday Cake(170) MOD:Lower-Carb Dessert	<b>26</b> Roast Pork with Sherry-Apple Sauce(145) Potato Wedges(261) Scandinavian Veg(41) Pumpernickel Bread(280) Fruit du Jour(varies)	<b>27</b> Salmon with Honey- Ginger Sauce over Soba Noodles(385) Asian Veg Blend(25) Garlic Roll(240) Fruit du Jour(varies)
<b>731 cal; 743mg sodium</b>	<b>655 cal; 911mg sodium</b>	<b>779 cal; 872mg sodium</b>	<b>801 cal; 864mg sodium</b>	<b>693 cal; 851mg sodium</b>
<b>30</b> Chicken Marsala(414) Ravioli with Brown Sugar Sage Sauce(198) Broccoli/Cauliflower(14) Whole Grain Bread(150) Pudding(190) MOD: SF Pudding(127)	<b>31</b> Beef Stroganoff over Egg Noodles(151) Corn & Carrots(34) Pumpernickel Bread(280) Fruit du Jour(varies)	Thank you for your voluntary donation of \$3.00 per meal towards actual cost of \$15.00  *indicates item w/ more than 500mg sodium.	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.	
<b>803 cal; 1102mg sodium</b>	<b>673cal; 603mg 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 107mg sodium.