elder services of Cape Cod and the Islands

access / service / advocacy

NUTRITION PROGRAM FOR THE ELDERLY

Telephone: (508) 228-4647 Nantucket County

June 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stew with Potato & Carrots Beets Wheat Bread Applesauce	**3** Turkey Florentine Sour Crm & Dill Pot. California Blend Veg. Wheat Bread Pudding	**4** Mini Cheese Ravioli with Meat Sauce Italian Blend Veg. Italian Bread Cookie	**5** Latin-Style Pork Loin with Gravy Whipped Sweet Pot. Capri Blend Veg. Rye Bread Fresh Fruit	**6 Cold Plate** Chicken Salad Lettuce & Tomato Black Bean & Corn Salad Kaiser Roll Fresh Fruit
Calories: 664 Fat: 33% **Sodium: 640mg**	**Calories: 695 Fat: 28%** **Sodium: 1578mg***	**Calories: 623 Fat: 29%** **Sodium: 825mg**	**Calories: 739 Fat: 27%** **Sodium: 590mg**	**Calories: 605 Fat: 29%** **Sodium: 1005mg**
9 Wild Pacific Salmon with Dill Sauce Yellow Rice Green Peas Wheat Bread Chilled Peaches	**10** Chicken Piccata Whipped Potato Italian Blend Veg. Italian Bread Pudding	**11** Turkey Pasta Primavera Green Beans Snack Loaf Fresh Fruit	**12** Stuffed Shells with Marinara Sauce Broccoli Wheat Bread Oatmeal Cookie	**13** Lemon-Pepper Pork Blk-Eyed Peas/Rice California Blend Veg. Wheat Bread Fresh Fruit
Calories: 653 Fat: 16% **Sodium: 613mg**	**Calories: 748 Fat: 35%** **Sodium: 1452mg***	**Calories: 771 Fat: 28%** **Sodium: 907mg**	**Calories: 631 Fat: 29%** **Sodium: 926mg**	**Calories: 677 Fat: 28%** **Sodium: 906mg**
16 Beef Burgundy Red Potato Corn Wheat Bread Brownie	**17** Crispy Fish Tartar Sauce Sweet Pot. Wedges Italian Blend Veg. Wheat Bread Fresh Fruit	**18** Shepherd's Pie with Mashed Pot./Corn Carrots Wheat Bread Pudding	**19** Rst Turkey w/Gravy Cranberry Sauce Wild & Brown Rice California Blend Veg. Wheat Bread Fresh Fruit	**20** Chicken Parmesan with Marinara Sauce Penne Pasta Green Beans Italian Bread Fresh Fruit
Calories: 880 Fat: 34% **Sodium: 492mg**	**Calories: 811 Fat: 32%** **Sodium: 937mg**	**Calories: 743 Fat: 29%** **Sodium: 706mg**	**Calories: 605 Fat: 17%** **Sodium: 1046mg**	**Calories: 654 Fat: 24%** **Sodium: 1076mg**
23 BBQ Pulled Pork Beans & Rice Spinach Wheat Bread Chilled Pineapple	**24** Chicken & Broccoli Alfredo Ziti Capri Blend Veg. Apple-Cinn. Muffin Fresh Fruit	**25** Wild Pacific Salmon with Dill Sauce Garlic Mashed Pot. Cauliflower/Red Pep. Wheat Bread Birthday Cake	**26** Pasta & Meatballs with Marinara Sauce California Blend Veg. Wheat Bread Pudding	**27** Turkey Chili Whipped Sweet Pot. Italian Blend Veg. Wheat Bread Fresh Fruit
Calories: 719 Fat: 30% **Sodium: 977mg**	**Calories: 884 Fat: 32%** **Sodium: 975mg**	**Calories: 640 Fat: 23%** **Sodium: 913mg**	**Calories: 687 Fat: 28%** **Sodium: 846mg**	**Calories: 692 Fat: 18%** **Sodium: 841mg**
30 Amer. Chop Suey Broccoli Rye Bread Yogurt **Calories: 695 Fat: 23%** **Sodium: 724mg**	***Menu subject to change without notice.*** ***2% milk and margarine served with meals.***	****indicates high sodium entrée or meal***	***Reservations and cancellations must be made two days in advance.***	***Thank you for your voluntary $2.00 donation per meal towards actual cost of $13.85.***