

NUTRITION PROGRAM FOR THE ELDERLY

Nantucket County

June 2009

Telephone: (508) 228-4647

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Low Sodium Hot Dog Mustard Packet Veggie Baked Beans Cole Slaw Hot Dog Bun Chilled Fruit	Chicken Stew w/ Vegetables Whipped Potatoes Biscuit Fig Bar	Stuffed Cabbage Boiled Potatoes Fruit Muffin Chilled Fruit	Honey Lime Chicken Hawaiian Rice Mexicali Corn Whole Wheat Bread Chilled Fruit	Beef Burgundy Buttered Noodles Green Beans Multi-grain Roll Fresh Fruit
8	9	10	11	12
Breaded Fish Parsley Mashed Potatoes Tartar Sauce Peas Whole Wheat Bread Pudding	Vegetarian Chili White Rice Snowflake Roll Chilled Fruit	Soup du jour (Cong) Parmesan Crumb Chicken Pasta w/ Red Sauce Corn (MOW) Whole Wheat Bread Fresh Fruit	American Chop Suey Summer Blend Veggies Dinner Roll Cookie	Roast Turkey w/ Gravy Cranberry Sauce Garlic Mashed Potatoes Diced Carrots Multi-grain Roll Chilled Fruit
15	16	17	18	19
Sweet 'n Sour Pork Nuggets Oriental Rice Oriental Blend Veggies Whole Wheat Bread Chilled Fruit	Sloppy Joes Lyonnaise Potatoes Chuckwagon Blend Veggies Hamburger Bun Fruit Smoothie	Macaroni and Cheese Escalloped Tomatoes Multi-grain Roll Fresh Fruit	Lemon Glaze Chicken Escalloped Potatoes Broccoli Whole Wheat Bread Chilled Fruit	Fathers' Day Lunch Meatloaf w/ Gravy Parmesan Potatoes Winter Squash Scali Bread Pineapple Upside Down Cake
22	23	24	25	26
Pier 17 Fish Veggie Baked Beans Scandinavian Blend Veggies Whole Wheat Bread Chilled Fruit	Soup du jour (Cong) Savory Baked Chicken Red Bliss Potatoes Diced Carrots (MOW) Dinner Roll Fresh Fruit	Happy Birthday! Roast Pork w/ Rosemary Gravy Baked Potato Beans Bonanza White Bread Birthday Cake	MOW <u>No Congregate lunch today</u> Swedish Meatballs Buttered Noodles Riviera Blend Veggies Whole Wheat Bread Chilled Fruit	Baked Beef Rigatoni w/ Sauce California Blend Veggies Multi-grain Roll Tapioca Pudding
29	30	<p>Thank you for your voluntary \$2.00 donation per meal! 2% and fat free milk and margarine served with meals.</p>		<p>Please make reservations and cancellations 24 hours in advance before 9:00 am.</p> <p>Menu subject to change without notice.</p>
Chicken a la King Confetti Rice Peas Fruit Muffin Chilled Fruit	Pork Patty O'Brien Potatoes Hot Cabbage and Carrots Wheat Bread Butterscotch Pudding			

