|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | **Wednesday** | **Thursday** | | | **Friday** | | |
| Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis  Nutrition Questions? Contact Leigh Hartwell @ 978-651-3023  or [lhartwell@agespan.org](mailto:lhartwell@agespan.org)  **Menu Subject to Change Without Notice**  Brought to you by the Older Americans Act. | | | | | | | | **1** Honey GingerChicken (750)  Yellow Rice (25)  Broccoli (10)  Dinner Roll (240)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 790 | 125 | 1160 | | | |
| **4** GarlicChicken Wings (515)  Sweet Potato (55)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **5** Garlic Ginger Fish (410)  White Rice (5)  Vegetables (25)  Fruit (5)  Dinner Roll (240) | **6** Teriyaki Chicken (735)  Veg Rice (85)  Green Beans (5)  Dinner Roll (240)  Pineapple (5) | **7 Cold:** Tofu Salad w/Noodles (960)  Garden Salad (35)  Fruit (5)  Dinner Roll (240) | | | **8** Garlic Shrimp StirFry(935)  Brown Rice (25)  Dinner Roll (240)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 690 | 90 | 965 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 610 | 95 | 815 | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 755 | 105 | 1195 | | **Cal**  535 | **Carb**  90 | **Na**  1365 | **Cal**  745 | **Carb**  105 | **Na**  1355 |
| **11** Orange Chicken (605)  White Rice (5)  Snap Peas (5)  Dinner Roll (240)  Fruit (5) | | | **12** Basil Beef w/Broccoli (650)  Veg Rice (85)  Dinner Roll (240)  Mandarins (5) | **13 Cold:**Edamame Salad (200)  Sesame Noodles (305)  Garden Salad (35)  Dinner Roll (240)  Fruit (5) | **14** BBQ Pulled Pork (790)  Brown Rice (25)  Green Beans (5)  Dinner Roll (240)  Fruit (5) | | | **15** Chicken Dumplings(235)  Fried Rice (155)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| **Cal**  780 | **Carb**  125 | **Na**  985 | |  |  |  | | --- | --- | --- | | **Cal**  840 | **Carb**  105 | **Na**  1105 | | |  |  |  | | --- | --- | --- | | **Cal**  790 | **Carb**  105 | **Na**  910 | | |  |  |  | | --- | --- | --- | | **Cal**  840 | **Carb**  125 | **Na**  1185 | | | | |  |  |  | | --- | --- | --- | | **Cal**  615 | **Carb**  95 | **Na**  790 | | | |
| **18** Pork w/ Mushrooms (785)  White Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **19** Sweet & Sour Meatballs w/ Vegetables (315)  Lo Mein (50)  Dinner Roll (240)  Fruit (5) | **20** Kung Poa  Tofu (320)  Yucca (15)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | **21 Cold:** Chicken Salad (145)  Noodles (305)  Carrot Slaw (15)  Dinner Roll (240)  Fruit (5) | | | **22** Garlic  Beef (535)  Fried Rice (155)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  730 | **Carb**  80 | **Na**  1185 | | | | |  |  |  | | --- | --- | --- | | **Cal**  725 | **Carb**  100 | **Na**  740 | | |  |  |  | | --- | --- | --- | | **Cal**  705 | **Carb**  125 | **Na**  730 | | **Cal**  855 | **Carb**  95 | **Na**  835 | **Cal**  700 | **Carb**  95 | **Na**  1090 |
| **25** Thai Beef &Basil (235)  Brown Rice (25)  Broccoli (10)  Dinner Roll (240)  Fruit (5) | | | **26** Pork Cake w/Shitake (605)  Veg Rice (85)  Latin Slaw (15)  Dinner Roll (240)  Pineapple (5) | **27 Cold:** Sesame Shrimp (985)  Lo Mein (50)  Garden Salad (35)  Wheat Bread (0)  Fruit (5) | **28** Sesame Chicken (655)  White Rice (5)  Green Beans (5)  Dinner Roll (240)  Fruit (5) | | | **29** Chili LimeFish (450)  Coconut Rice (80)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| **Cal**  755 | **Carb**  100 | **Na**  640 | |  |  |  | | --- | --- | --- | | **Cal**  915 | **Carb**  100 | **Na**  1080 | | |  |  |  | | --- | --- | --- | | **Cal**  600 | **Carb**  85 | **Na**  1200 | | |  |  |  | | --- | --- | --- | | **Cal**  845 | **Carb**  125 | **Na**  1035 | | | | |  |  |  | | --- | --- | --- | | **Cal**  925 | **Carb**  130 | **Na**  930 | | | |

**To Cancel Meals please call 978-686-1422 at least 24 hours prior to service.**

A $2.00 confidential donation is suggested per meal. Donation letters are mailed monthly

A screenshot of a computer

AI-generated content may be incorrect.