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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams in parenthesisNutrition Questions? Contact Leigh Hartwell @ 978-651-3023 or 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) |
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| **Cal** | **Carb** | **Na** |
| 790 | 125 | 1160 |

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| **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) |
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| **Cal** | **Carb** | **Na** |
| 690 | 90 | 965 |

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| **Cal** | **Carb** | **Na** |
| 610 | 95 | 815 |

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| **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 |

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| **Cal**840 | **Carb**105 | **Na**1105 |

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| **Cal**790 | **Carb**105 | **Na**910 |

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| **Cal**840 | **Carb**125 | **Na**1185 |

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| **Cal**615 | **Carb**95 | **Na**790 |

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| **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 PoaTofu (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) |
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| **Cal**730 | **Carb**80 | **Na**1185 |

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| **Cal**725 | **Carb**100 | **Na**740 |

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| **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 |

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| **Cal**915 | **Carb**100 | **Na**1080 |

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| **Cal**600 | **Carb**85 | **Na**1200 |

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| **Cal**845 | **Carb**125 | **Na**1035 |

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| **Cal**925 | **Carb** 130 | **Na**930 |

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**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

