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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Totals include entrée, sides, dessert, fruit, bread, milk & margarine.****Cal = Total Calories,** **Carb = Carbohydrates** **Na = Total Sodium** **(also in parentheses)** | **1** Coconut Curry Shrimp (620) Brown Rice (25)Vegetables (25)Dinner Roll (240)Fruit (5) | **2 Cold:** Chicken Salad (105)Noodles (305)Garden Salad (35)Dinner Roll (240)Fruit (5) | **3** Garlic Ginger Beef (535)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) |
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| **Cal** | **Carb** | **Na** |
| 830 | 105 | 1040 |

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| **Cal** | **Carb** | **Na** |
| 865 | 115 | 815 |

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| **Cal** | **Carb** | **Na** |
| 675 | 100 | 940 |

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| **6** Chicken Lo Mein (400)Broccoli (15)Dinner Roll (240)Fruit (5) | **7** Ground Turkey w/Scallions (675)Rice (5)Carrots (65)Dinner Roll (240)Fruit (5) | **8** Pork w/Tomatoes (420)Veg Rice (85)Pineapple (5)Coleslaw (15)Dinner Roll (240) | **9** Honey Lemon Fish (500)Sweet Potato (55)Vegetables (25)Dinner Roll (240)Fruit (5) | **10** Teriyaki Tofu & Veggies (640)Brown Rice (25)Dinner Roll (240)Fruit (5) |
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| **Cal** | **Carb** | **Na** |
| 725 | 110 | 785 |

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| --- | --- | --- |
| **Cal** | **Carb** | **Na** |
| 745 | 105 | 1115 |

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|  |  |  |
| --- | --- | --- |
| **Cal** | **Carb** | **Na** |
| 905 | 100 | 890 |

 | **Cal**820 | **Carb**130 | **Na**950 | **Cal**655 | **Carb**105 | **Na** 1035 |
| **13** **No Meals****Indigenous Peoples’ Day** | **14** Hoisin Chicken (590)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) | **15** Beef w/Snap Peas (300)Brown Rice (25)Dinner Roll (240)Fruit (5) | **16** GarlicShrimp & Broccoli (390)Coconut Rice (80)Dinner Roll (240)Fruit (5) | **17** Chicken Dumplings (235)Fried Rice (155)Green Beans (5)Dinner Roll (240)Fruit (5) |
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| **Cal**690 | **Carb**95 | **Na**995 |

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| **Cal**735 | **Carb**105 | **Na**695 |

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| **Cal**790 | **Carb**120 | **Na**845 |

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| **Cal**625 | **Carb**100 | **Na**765 |

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| **20** BBQ Chicken Wings (515) Yucca (15)Green Beans (5)Dinner Roll (240)Fruit (5) | **21** Garlic Ginger Fish (430)Brown Rice (25)Vegetables (25)Dinner Roll (240)Fruit (5) | **22** Pork & Mushrooms (435)Lo Mein (135)Vegetables (25)Dinner Roll (240)Fruit (5) | **23** Basil Beef (640)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) | **24** Orange Chicken (465)Veg Rice (85)Dinner Roll (240)Fruit (5) |
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| **Cal**895 | **Carb**150 | **Na**1345 |

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| **Cal**665 | **Carb**105 | **Na**850 |

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| **Cal**860 | **Carb**115 | **Na**965 |

 | **Cal**805 | **Carb**100 | **Na**1040 | **Cal**715 | **Carb**110 | **Na**920 |
| **27** Garlic Ginger Beef, Peppers & Onions (770)Rice (5)Dinner Roll (240)Fruit (5) | **28** Chicken & Bok Choy (750)Brown Rice (25)Dinner Roll (240)Fruit (5) | **29 Cold:** Tofu,Noodles & Vegetables (960)Garden Salad (35)Dinner Roll (240)Fruit (5)  | **30** Crab Cake (510)Yellow Rice (25)Pineapple (5)Tomato Salad (40)Dinner Roll (240) | **31** Pork Fried Rice (635)Green Beans (5)Dinner Roll (240)Fruit (5)

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| **Cal** 985 | **Carb**115 | **Na**1010 |

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| **Cal**715 | **Carb**105 | **Na**1150 |

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| --- | --- | --- |
| **Cal**930 | **Carb**130 | **Na**1225 |

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| **Cal**535 | **Carb**85 | **Na**1365 |

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| **Cal**755 | **Carb**100 | **Na**950 |

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Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org

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

Menu to Change Without Notice - Brought to you by the Older Americans Act

