|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 830 | 105 | 1040 | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 865 | 115 | 815 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 675 | 100 | 940 | | | |
| **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 725 | 110 | 785 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 745 | 105 | 1115 | | |  |  |  | | --- | --- | --- | | **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  690 | **Carb**  95 | **Na**  995 | | |  |  |  | | --- | --- | --- | | **Cal**  735 | **Carb**  105 | **Na**  695 | | |  |  |  | | --- | --- | --- | | **Cal**  790 | **Carb**  120 | **Na**  845 | | | | |  |  |  | | --- | --- | --- | | **Cal**  625 | **Carb**  100 | **Na**  765 | | | |
| **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  895 | **Carb**  150 | **Na**  1345 | | | | |  |  |  | | --- | --- | --- | | **Cal**  665 | **Carb**  105 | **Na**  850 | | |  |  |  | | --- | --- | --- | | **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)   |  |  |  | | --- | --- | --- | | **Cal**  985 | **Carb**  115 | **Na**  1010 | | | |
| **Cal**  715 | **Carb**  105 | **Na**  1150 | |  |  |  | | --- | --- | --- | | **Cal**  930 | **Carb**  130 | **Na**  1225 | | |  |  |  | | --- | --- | --- | | **Cal**  535 | **Carb**  85 | **Na**  1365 | | |  |  |  | | --- | --- | --- | | **Cal**  755 | **Carb**  100 | **Na**  950 | | | |

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.**

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