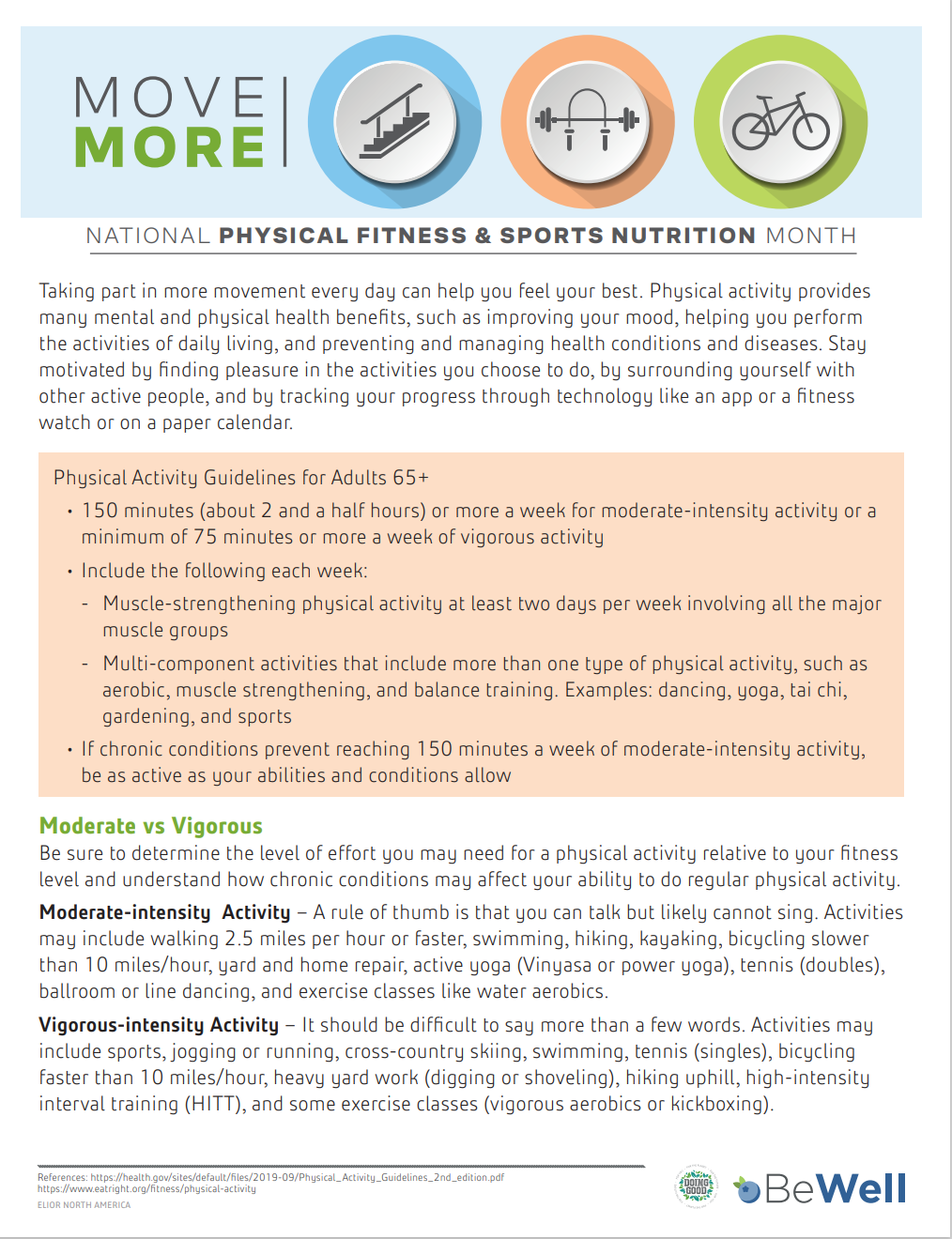
|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday | | | Tuesday | Wednesday | Thursday | | | Friday | | |
| Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis  **Nutrition Questions?** Please contact Leigh Hartwell [lhartwell@agespan.org](mailto:lhartwell@agespan.org) or 978-651-3023 | | | | **1** Garlic Beef w/Snap Peas (320)  Rice (5)  Garden Salad (35)  Dinner Roll (180)  Fruit (5) | **2** Chili Lime Fish (405)  Coconut Rice (5)  Vegetables (25)  Dinner Roll (180)  Fruit (5) | | | **3** Kung Poa Tofu  w/Peppers (315)  Veg Rice (90)  Dinner Roll (180)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 780 | 100 | 720 | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 910 | 135 | 795 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 650 | 105 | 770 | | | |
| **6** Sweet & Sour Meatballs (250)  Brown Rice (25)  Vegetables (25)  Dinner Roll (180)  Fruit (5) | | | **7** Pork Cake w/Shitake (365)  Rice (5)  Bok Choy (80)  Fruit (5)  Dinner Roll (180) | **8 Cold:** Garlic Lime Shrimp (920)  Noodles (170)  Garden Salad (35)  Dinner Roll (180)  Fruit (5) | **9** Chicken Dumplings (235)  Fried Rice (150)  Vegetables (25)  Dinner Roll (180)  Fruit (5) | | | **10** Mongolian Beef (310)  w/Vegetables  Lo-Mein (50)  Dinner Roll (180)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 755 | 105 | 655 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 795 | 95 | 810 | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 710 | 100 | 1485 | | **Cal**  600 | **Carb**  95 | **Na**  770 | **Cal**  705 | **Carb**  100 | **Na**  720 |
| **13** Garlic Beef w/Peppers (535)  Rice (5)  Green Beans (5)  Dinner Roll (180)  Fruit (5) | | | **14** General TsoCrispy Tofu (450)  Brown Rice (25)  Vegetables (15)  Dinner Roll (180)  Fruit (5) | **15** Orange Chicken w/broccoli (620)  Veg Lo Mein (50)  Dinner Roll (180)  Fruit (5) | **16** Hoisin Pulled Pork (595)  Sweet Potato (55)  Vegetables (25)  Dinner Roll (180)  Fruit (5) | | | **17** Garlic Chicken Wings (520)  Fried Rice (150)  Vegetables (25)  Dinner Roll (180)  Fruit (5) | | |
| **Cal**  700 | **Carb**  105 | **Na**  905 | |  |  |  | | --- | --- | --- | | **Cal**  770 | **Carb**  130 | **Na**  860 | | |  |  |  | | --- | --- | --- | | **Cal**  815 | **Carb**  135 | **Na**  1030 | | |  |  |  | | --- | --- | --- | | **Cal**  735 | **Carb**  100 | **Na**  1035 | | | | |  |  |  | | --- | --- | --- | | **Cal**  680 | **Carb**  90 | **Na**  1050 | | | |
| **20** Chicken Stir Fry (570)  Brown Rice (25)  Dinner Roll (180)  Pineapple (5) | | | **21**  **Volunteer Appreciation Day**  **No Meals Served** | **22** Pork w/Tomatoes (670)  Veg Rice (90)  Cabbage (100)  Dinner Roll (180)  Fruit (5) | **23 Cold:** Chili  Lime Chicken (355)  Noodles (10)  Garden Salad (35)  Dinner Roll (180)  Fruit (5) | | | **24** Beef & Broccoli (540)  Lo Mein (50)  Dinner Roll (180)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  855 | **Carb**  125 | **Na**  950 | | | | |  |  |  | | --- | --- | --- | | **Cal**  1020 | **Carb**  120 | **Na**  1250 | | **Cal**  805 | **Carb**  100 | **Na**  760 | **Cal**  765 | **Carb**  95 | **Na**  950 |
| **27**  **Holiday**  **No Meals Served** | | | **28** Vegetable Fried Rice (505  Broccoli (15)  Dinner Roll (180)  Fruit (5) | **29** Chicken Teriyaki (640)  Brown Rice (25)  Vegetables (25)  Dinner Roll (180)  Fruit (5) | **30** Basil  Beef (640)  Rice (5)  Vegetables (25)  Dinner roll(180)  Fruit (5) | | | **31**Garlic Shrimp & Mushrooms (545)  Coconut Rice (5)  Vegetables (25)  Dinner roll (180)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  700 | **Carb**  90 | **Na**  875 | | |  |  |  | | --- | --- | --- | | **Cal**  710 | **Carb**  105 | **Na**  1045 | | |  |  |  | | --- | --- | --- | | **Cal**  805 | **Carb**  100 | **Na**  1030 | | | | |  |  |  | | --- | --- | --- | | **Cal**  800 | **Carb**  125 | **Na**  935 | | | |

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

**Menu Subject to Change Without Notice**

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

****