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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 noted in parenthesis**Nutrition Questions?** Please contact Leigh Hartwell 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 Tofuw/Peppers (315)Veg Rice (90)Dinner Roll (180)Fruit (5) |
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| **Cal** | **Carb** | **Na** |
| 780 | 100 | 720 |

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| **Cal** | **Carb** | **Na** |
| 910 | 135 | 795 |

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| **Cal** | **Carb** | **Na** |
| 650 | 105 | 770 |

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| **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) |
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| **Cal** | **Carb** | **Na** |
| 755 | 105 | 655 |

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| **Cal** | **Carb** | **Na** |
| 795 | 95 | 810 |

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| **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 |

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| **Cal**770 | **Carb**130 | **Na**860 |

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| **Cal**815 | **Carb**135 | **Na**1030 |

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| **Cal**735 | **Carb**100 | **Na**1035 |

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| **Cal**680 | **Carb**90 | **Na**1050 |

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| **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) |
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| **Cal**855 | **Carb**125 | **Na**950 |

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| **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 (505Broccoli (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) |
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| **Cal**700 | **Carb**90 | **Na**875 |

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| **Cal**710 | **Carb**105 | **Na**1045 |

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| **Cal**805 | **Carb**100 | **Na**1030 |

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| **Cal**800 | **Carb**125 | **Na**935 |

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**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

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