|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | |
| Sodium (Na): Milligrams noted in parenthesis  fish_-_cartoon_01[1]= Alternate for fish available  **Nutrition Questions?** Please contact Leigh Hartwell [lhartwell@agespan.org](mailto:lhartwell@agespan.org) or  978-651-3023  **Menu Subject to Change Without Notice** | | | | | | **1** Sloppy  Joe (195)  Berries (5)  Cauliflower (15)  Burger Bun (250) | | | fish_-_cartoon_01[1]**2** Breaded  Fish (225)  Rice Pilaf (45)  Br. Sprouts (15)  WW Bread (165) | | | **3** Pork, Rice & Black Beans (390)  Carrots &  Peas (60)  Oat Bread (150) | | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 485 | 70 | 630 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 575 | 70 | 575 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 700 | 60 | 730 | | | | |
| **6**  Apricot Meatballs (220)  Couscous (5)  Beets (140)  Wheat Roll (120) | | | **7** Ravioli  w/Marinara\* (510)  Zucchini & (10)  Summer Squash  WW Bread (165) | | | **8 Cold**: Chicken Salad (190)  Garden Salad (35)  Tabouli (125)  MG Bread (300)  Juice (0) | | | **9 Special:** Crustless  Quiche (305)  Au gratin  Potatoes (145)  Carrots (45)  Oat Bread (150) | | | **10** Beef  Stew (245)  Mshd Potato(110)  WW Roll (180) | | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 540 | 70 | 615 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 550 | 70 | 815 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 530 | 70 | 800 | | | | **Cal**  660 | **Carb**  70 | **Na**  830 | **Cal**  665 | **Carb**  70 | **Na**  865 | |
| **13** Beef  Fajita (305)  Black Beans (140)  Green Beans (5)  Tortilla (190) | | | **14** Turkey Burger w/Mushrooms(130)  Mshd Potato (110)  Carrots (45)  LS Bread (0) | | | **15** Pesto Chicken & Pasta (440)  Zucchini (5)  WW Bread (165) | | | **16** Pulled  Pork (320)  Cauliflower (15)  Corn (5)  Burger Bun (250)  Mandarins (5) | | | **17** Lentil  Stew (240)  Br. Sprouts (15)  No Bread  Juice (0) | | | |
| **Cal**  520 | **Carb**  60 | **Na**  775 | |  |  |  | | --- | --- | --- | | **Cal**  480 | **Carb**  60 | **Na**  515 | | | | |  |  |  | | --- | --- | --- | | **Cal**  645 | **Carb**  60 | **Na**  740 | | | | |  |  |  | | --- | --- | --- | | **Cal**  490 | **Carb**  65 | **Na**  710 | | | | |  |  |  | | --- | --- | --- | | **Cal**  375 | **Carb**  70 | **Na**  250 | | | | |
| **20** Chicken & Rice (520)  Carrots (45)  Vienna Brd (140) | | | **21**  **Volunteer Appreciation Day**  **No Meals Served** | | | **22** Tarragon  Pork (360)  Carrots (45)  Warm Apples(10)  Coleslaw (45)  Roll (250) | | | **23 B-day Cold:** Egg Salad (135)  Pasta Salad (205) Garden Salad (35)  LS Bread (0) | | | **24** Beef  Burgundy (190)  Egg Noodles (5)  Broccoli (10)  MG Bread (150) | | | |
| |  |  |  | | --- | --- | --- | | **Cal**  610 | **Carb**  70 | **Na**  810 | | | | |  |  |  | | --- | --- | --- | | **Cal**  625 | **Carb**  55 | **Na**  710 | | | | **Cal**  520 | **Carb**  70 | **Na**  615 | **Cal**  700 | **Carb**  60 | **Na**  500 | |
| **27**  **No Meals**  **Memorial Day** | | | **28** Stuffed Shells  w/Marinara\*(570)  Broccoli (10)  Wheat Roll (120) | | | **29** Chicken  Kiev (435)  Rice Pilaf (45)  Beets (140)  LS Bread (0) | | | **30** Meatloaf  w/Gravy (210)  Mshd Potato (110)  Green Beans (5)  Oat Bread (150) | | | **31** Cheese  Omelet (270)  Rstd Potatoes (5)  Ratatouille (115)  MG Bread (150) | | | |
| **Cal**  500 | **Carb**  70 | **Na**  835 | **Cal**  660 | **Carb**  65 | **Na**  720 | **Cal**  600 | **Carb**  70 | **Na**  600 | **Cal**  480 | **Carb**  55 | **Na**  670 |

**To Cancel Meals: 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.

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

***A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between***

***50–100 calories and under 100mg of sodium, to be eaten between meals.***