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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Sodium (Na): Milligrams noted in parenthesisfish_-_cartoon_01[1]= Alternate for fish available**Nutrition Questions?** Please contact Leigh Hartwell 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) |
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| **Cal** | **Carb** | **Na** |
| 485 | 70 | 630 |

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| **Cal** | **Carb** | **Na** |
| 575 | 70 | 575 |

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| **Cal** | **Carb** | **Na** |
| 700 | 60 | 730 |

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| **6**  Apricot Meatballs (220)Couscous (5)Beets (140)Wheat Roll (120) | **7** Ravioliw/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) |
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| **Cal** | **Carb** | **Na** |
| 540 | 70 | 615 |

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| **Cal** | **Carb** | **Na** |
| 550 | 70 | 815 |

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| **Cal** | **Carb** | **Na** |
| 530 | 70 | 800 |

 | **Cal**660 | **Carb**70 | **Na**830 | **Cal**665 | **Carb**70 | **Na**865 |
| **13** BeefFajita (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 BreadJuice (0) |
| **Cal**520 | **Carb**60 | **Na**775 |

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| **Cal**480 | **Carb**60 | **Na**515 |

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| **Cal**645 | **Carb**60 | **Na**740 |

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| **Cal**490 | **Carb**65 | **Na**710 |

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| **Cal**375 | **Carb**70 | **Na**250 |

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| **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) |
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| **Cal**610 | **Carb**70 | **Na**810 |

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| **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.***