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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**Menu Subject to Change Without Notice** | **1** Beef Picadillo (175)Rice (5)Corn Pudding (200)Garden Salad (150)Burger Bun (250) | **2** Chimichurri Fish (250)Coconut Rice (5)Br. Sprouts (15)WW Bread (165)Apple Slices (10) | **3** Pork, Rice & Black Beans(390)Carrots & Peas (60)Oat Bread (150)Fresh Orange (0) |
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| **Cal** | **Carb** | **Na** |
| 850 | 85 | 905 |

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| **Cal** | **Carb** | **Na** |
| 860 | 95 | 845 |

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| **Cal** | **Carb** | **Na** |
| 790 | 80 | 730 |

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| **6** Sofrito Meatballs (225)Brown Rice (25)Beets (140)Vienna Brd (140)Pineapple (5) | **7** Pork Asado (390)Roasted Potato (5)WW Bread (165)Mandarins (5) | **8 Cold**: Russian Chicken Salad (350) Garden Salad (35)Bulgar Salad (125)MG Bread (300)Yogurt (75)Juice (0) | **9 Special:** Crustless Quiche (305)Plantains (15)Honey Carrot (80)Fruit Salad (5)Coffee Cake (135) | **10** Beef, Yucca & Tomatoes (395)Peas & Carrots (60)WW Roll (180)Fresh Fruit (5) |
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| **Cal** | **Carb** | **Na** |
| 670 | 90 | 680 |

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| **Cal** | **Carb** | **Na** |
| 595 | 75 | 755 |

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| **Cal** | **Carb** | **Na** |
| 845 | 100 | 875 |

 | **Cal**965 | **Carb**125 | **Na**700 | **Cal**650 | **Carb**75 | **Na**815 |
| **13** BeefFajita (305)Black Beans (140) Spanish Rice (260)Tortilla (220)Cookie (70) | **14** Mojo Turkey (650)Mshd Potato (110)Yucca (20)LS Bread (0)Applesauce (15) Cranberries (5) | **15** Pesto Chicken & Pasta (410)Zucchini (5)WW Bread (165)Fresh Orange (5) | **16** Pulled Pork (310)Sweet Potato (50)Corn (5)Burger Bun (250)Mandarins (5) | **17** Cuban Lentil Stew w/Pork(795)Rice (5)WW Roll (180)Yogurt (75)Juice (0) |
| **Cal**865 | **Carb**115 | **Na**1135 |

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| **Cal**645 | **Carb**115 | **Na**855 |

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| **Cal**695 | **Carb**75 | **Na**715 |

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| **Cal**665 | **Carb**100 | **Na**755 |

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| **Cal**860 | **Carb**135 | **Na**1115 |

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| **20** Chicken & Rice (520)Carrots (45)Vienna Brd (140)Pineapple (5) | **21** **Volunteer Appreciation Day****No Meals Served** | **22** Hot Dog\* (540)Charro Beans(170)Warm Apples(10)Slaw (45)Roll (250) | **23 B-day Cold:** Egg Salad (135)Pasta Salad(280)Garden Salad (35)Oat Bread (260)Cake (175) | **24** Pastelon (375)Broccoli (10)MG Bread (150)Gelatin (40) |
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| **Cal**755 | **Carb**95 | **Na**900 |

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| **Cal**840 | **Carb**95 | **Na**1250 |

 | **Cal**860 | **Carb**110 | **Na**1015 | **Cal**880 | **Carb**80 | **Na**680 |
| **27** **No Meals****Memorial Day** |  **28** Pasta & (215)  Vegetable Marinara Broccoli (10) Dinner Roll (260) Applesauce (15) |  **29** Lemon & Garlic Chicken (370) Rice & Peas (85) Beets (140) MG Bread (150) Pineapple (5) |  **30** Meatloaf (200) Mshd Potato (110) Peas (60) Oat Bread (150) Pudding (190) |  **31** Cheese  Omelet (270) Rstd Potatoes (5) Okra (45) Orange (0) Fruit Loaf (240) |
| **Cal**530 | **Carb**85 | **Na**740 | **Cal**590 | **Carb**75 | **Na**875 | **Cal**795 | **Carb**90 | **Na**835 | **Cal**735 | **Carb**90 | **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.