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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](mailto: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) | | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 850 | 85 | 905 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 860 | 95 | 845 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 790 | 80 | 730 | | | | |
| **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) | | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 670 | 90 | 680 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 595 | 75 | 755 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 845 | 100 | 875 | | | | **Cal**  965 | **Carb**  125 | **Na**  700 | **Cal**  650 | **Carb**  75 | **Na**  815 | |
| **13** Beef  Fajita (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 | |  |  |  | | --- | --- | --- | | **Cal**  645 | **Carb**  115 | **Na**  855 | | | | |  |  |  | | --- | --- | --- | | **Cal**  695 | **Carb**  75 | **Na**  715 | | | | |  |  |  | | --- | --- | --- | | **Cal**  665 | **Carb**  100 | **Na**  755 | | | | |  |  |  | | --- | --- | --- | | **Cal**  860 | **Carb**  135 | **Na**  1115 | | | | |
| **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) | | | |
| |  |  |  | | --- | --- | --- | | **Cal**  755 | **Carb**  95 | **Na**  900 | | | | |  |  |  | | --- | --- | --- | | **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.