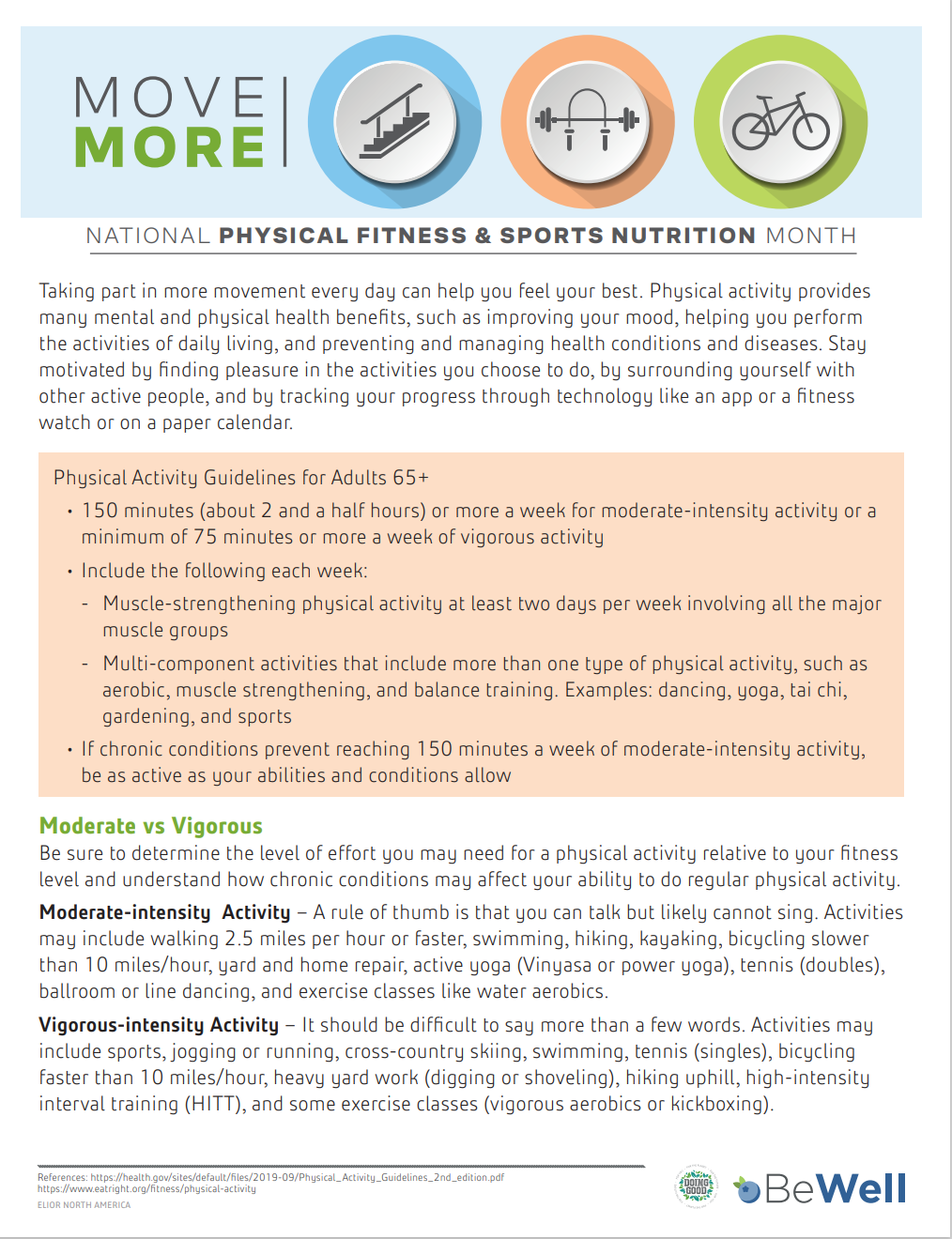
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | |
| Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.  Sodium (Na): Milligrams noted in parenthesis \*High sodium item (>500mg)  Shading = High sodium meal (>1200mg)  **Nutrition Questions?** Please contact Leigh Hartwell [lhartwell@agespan.org](mailto:lhartwell@agespan.org) or  978-651-3023  fish_-_cartoon_01[1]= Alternate for fish available | | | | | | **1** Sloppy  Joe (195)  Berry Crisp (105)  Corn (5)  Garden Salad (150)  Burger Bun (250) | | | fish_-_cartoon_01[1]**2** Breaded  Fish (225)  Rice Pilaf (45)  Br. Sprouts (15)  Bun (330)  Apple Slices (10) | | | **3** Macaroni and Cheese\*(815)  Peas &  Carrots (60)  Oat Bread (150)  Fresh Orange (0) | | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 725 | 90 | 830 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 790 | 110 | 1020 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 725 | 125 | 1200 | | | | |
| **6**  Apricot Meatballs (220)  Couscous (5)  Beets (140)  Vienna Brd (140)  Pineapple (5) | | | **7** Ravioli  w/Marinara\* (510)  Zucchini & (10)  Summer Squash  WW Bread (165)  Mandarins (5) | | | **8 Cold**: Chicken Salad (340)  Spinach Salad (25)  Tabouli (125)  MG Bread (300)  Yogurt (75)  Juice (0) | | | **9 Special:** Crustless  Quiche (305)  Au gratin  Potatoes (145)  Honey Carrot (80)  Fruit Salad (5)  Coffee Cake (135) | | | **10** Beef  Stew (245)  Mshd Potato(110)  WW Roll (180)  Fresh Fruit (5) | | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 680 | 95 | 680 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 645 | 85 | 980 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 605 | 90 | 865 | | | | **Cal**  905 | **Carb**  105 | **Na**  825 | **Cal**  715 | **Carb**  90 | **Na**  715 | |
| **13** Beef  Fajita (305)  Black Beans (140)  Spanish Rice (260)  Tortilla (190)  Cookie (70) | | | **14** Turkey w/  Gravy\*(765)  Mshd Potato (110)  Carrots (45)  LS Wheat Bread(0)  Applesauce (15)  Cranberries (5) | | | **15** Chicken Parmesan \*(615)  Pasta (5)  Zucchini (5)  WW Bread (165)  Fresh Orange (5) | | | **16** BBQ Pulled Pork\* (530)  Sweet Tater  Tots (230)  Corn (5)  Burger Bun (250)  Mandarins (5) | | | **17** Lentil  Stew (300)  Br. Sprouts (15)  WW Roll (180)  Yogurt (75)  Juice (0) | | | |
| **Cal**  865 | **Carb**  115 | **Na**  1135 | |  |  |  | | --- | --- | --- | | **Cal**  580 | **Carb**  90 | **Na**  1110 | | | | |  |  |  | | --- | --- | --- | | **Cal**  780 | **Carb**  100 | **Na**  960 | | | | |  |  |  | | --- | --- | --- | | **Cal**  650 | **Carb**  100 | **Na**  1150 | | | | |  |  |  | | --- | --- | --- | | **Cal**  650 | **Carb**  125 | **Na**  620 | | | | |
| **20** Chicken Stir Fry\* (555)  Brown Rice (25)  Vienna Brd (140)  Pineapple (5) | | | **21**  **Volunteer Appreciation Day**  **No Meals Served** | | | **22** Hot  Dog\* (540)  Bkd Beans (370)  Warm Apples(10)  Coleslaw (45)  Roll (250) | | | **23 B-day Cold:** Egg Salad (135)  Pasta Salad (320) Garden Salad (35)  Oat Bread (260)  Cake (175) | | | **24** Beef  Burgundy (190)  Egg Noodles (5)  Broccoli (10)  MG Bread (150)  Gelatin (40) | | | |
| |  |  |  | | --- | --- | --- | | **Cal**  835 | **Carb**  125 | **Na**  895 | | | | |  |  |  | | --- | --- | --- | | **Cal**  780 | **Carb**  100 | **Na**  1485 | | | | **Cal**  710 | **Carb**  110 | **Na**  940 | **Cal**  780 | **Carb**  75 | **Na**  580 | |
| **27**  **No Meals**  **Memorial Day** | | | **28** Stuffed Shells  w/Marinara\*(570)  Broccoli (10)  Dinner Roll (260)  Applesauce (15) | | | **29** Chicken  Kiev (435)  Rice Pilaf (45)  Beets (140)  MG Bread (150)  Pineapple (5) | | | **30** Meatloaf  w/Gravy (210)  Mshd Potato (110)  Peas (60)  Oat Bread (150)  Pudding (190) | | | **31** Cheese  Omelet (270)  Rstd Potatoes (5)  Ratatouille (115)  Orange (0)  Fruit Loaf (240) | | | |
| **Cal**  665 | **Carb**  95 | **Na**  1145 | **Cal**  775 | **Carb**  85 | **Na**  950 | **Cal**  785 | **Carb**  95 | **Na**  895 | **Cal**  690 | **Carb**  90 | **Na**  810 |

**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. **Menu Subject to Change Without Notice**

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