|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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 or 978-651-3023fish_-_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** Ravioliw/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** BeefFajita (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**

****