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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Potassium (K), Sodium (Na) & Phosphorus (Phos) include: Entrée, sides, dessert or fruit, bread, margarine, and juice. Sodium (Na): Milligrams in parentheses**Nutrition Questions?** Contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.org | **1** Sloppy Joe (195)Warm Berries (5)Corn (5)Garden Salad (150)Burger Bun (250) | **2** BreadedFish (225)Rice Pilaf (45)Br. Sprouts (15)Bun (330)Apple Slices (10) | **3** Macaroni and Cheese (650)Peas & Carrots (60) Oat Bread (150)Fresh Fruit (5) |
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| **K** | **Phos** | **Na** |
| 700 | 270 | 600 |

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| **K** | **Phos** | **Na** |
| 890 | 300 | 900 |

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| **K** | **Phos** | **Na** |
| 805 | 255 | 870 |

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| **6**  Apricot Meatballs (220)Couscous (5)Beets (140)Vienna Brd (140)Pineapple (5) | **7** Beef & Pepper Pasta (140)Zucchini & (10)Summer Squash Roll (180)Mandarins (5) | **8 Cold**: Chicken Salad (340)Garden Salad (35)Tabouli (125)MG Bread (300)Yogurt (75)Juice (0) | **9 Special:** Crustless Quiche (305)Corn (5)Honey Carrot (80)Fruit Salad (5)Oat Bread (150) | **10** Beef Stew (245)Rice (5)Roll (180)Fresh Fruit (5) |
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| **K** | **Phos** | **Na** |
| 890 | 290 | 550 |

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| **K** | **Phos** | **Na** |
| 1040 | 335 | 530 |

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| **K** | **Phos** | **Na** |
| 920 | 525 | 875 |

 | **K**930 | **Phos**265 | **Na**575 | **K**910 | **Phos**280 | **Na**635 |
| **13** BeefFajita (305)Green Beans (5)Spanish Rice (260)Tortilla (220)Cookie (70) | **14** Turkey Burgerw/Mushroom (230)Beets (140)Carrots (45) LS Bread (0)Applesauce (15) Cranberries (5) | **15** Chicken Pesto Pasta (440)Zucchini (5)Roll (180)Fresh Fruit (5) | **16** BBQ Pulled Pork\* (530)Cauliflower (15)Corn (5)Burger Bun (250)Mandarins (5) | **17** Lemon FishWhite RiceBr. Sprouts (15)Roll (180)Yogurt (75)Juice (0) |
| **K**760 | **Phos**280 | **Na**920 |

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| **K** | **Phos** | **Na** |
| 810 | 285 | 435 |

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| **K**975 | **Phos**350 | **Na**600 |

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| **K** | **Phos** | **Na** |
| 1020 | 300 | 810 |

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| **K**965 | **Phos**540 | **Na**590 |

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| **20** Lemon (420)Chicken Stir Fry Brown Rice (25)Vienna Brd (140)Pineapple (5) | **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)Oat Bread (260)Grahams (70) | **24** Beef Burgundy (190)Egg Noodles (5)CauliflowerRoll (180)Gelatin (40) |
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| **K** | **Phos** | **Na** |
| 765 | 340 | 645 |

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| **K**1015 | **Phos**265 | **Na**655 |

 | **K**610 | **Phos**370 | **Na**820 | **K**775 | **Phos**345 | **Na**485 |
| **27** **No Meals****Memorial Day** |  **28** Stuffed Shells  w/Red Pepper  Sauce (410) Cauliflower (15) Dinner Roll (260) Applesauce (15) |  **29** Chicken  Kiev (435) Rice Pilaf (45) Beets (140) MG Bread (150) Pineapple (5) |  **30** Meatloaf w/Gravy (210) Orzo (30) Peas (60) Oat Bread (150) Canned Fruit (5) |  **31** Cheese  Omelet (270) Rstd Potatoes (5) Corn (5) Roll (180) Fruit (5) |
| **K**690 | **Phos**265 | **Na**810 | **K**710 | **Phos**260 | **Na**750 | **K**865 | **Phos****330** | **Na**460 | **K**750 | **Phos**390 | **Na**605 |

**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.

