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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](mailto:lhartwell@agespan.org) | | | | | | **1** Sloppy  Joe (195)  Warm Berries (5)  Corn (5)  Garden Salad (150)  Burger Bun (250) | | | **2** Breaded  Fish (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) | | | |
| |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 700 | 270 | 600 | | | | |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 890 | 300 | 900 | | | | |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 805 | 255 | 870 | | | | |
| **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) | | | |
| |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 890 | 290 | 550 | | | | |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 1040 | 335 | 530 | | | | |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 920 | 525 | 875 | | | | **K**  930 | **Phos**  265 | **Na**  575 | **K**  910 | **Phos**  280 | **Na**  635 | |
| **13** Beef  Fajita (305)  Green Beans (5)  Spanish Rice (260)  Tortilla (220)  Cookie (70) | | | **14** Turkey Burger  w/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 Fish  White Rice  Br. Sprouts (15)  Roll (180)  Yogurt (75)  Juice (0) | | | |
| **K**  760 | **Phos**  280 | **Na**  920 | |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 810 | 285 | 435 | | | | |  |  |  | | --- | --- | --- | | **K**  975 | **Phos**  350 | **Na**  600 | | | | |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 1020 | 300 | 810 | | | | |  |  |  | | --- | --- | --- | | **K**  965 | **Phos**  540 | **Na**  590 | | | | |
| **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)  Cauliflower  Roll (180)  Gelatin (40) | | | |
| |  |  |  | | --- | --- | --- | | **K** | **Phos** | **Na** | | 765 | 340 | 645 | | | | |  |  |  | | --- | --- | --- | | **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.

