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| Monday | Tuesday | Wednesday | Thursday | Friday |
|  **1**  **No Meals Served****Happy Labor Day** |  **2** Chicken  Wings (515) Veg Rice (85) Vegetables (25) Dinner Roll (240) Fruit (5) | **3 Cold:** Garlic Lime Shrimp (920) Noodles (305)Garden Salad (35)LS Bread (0)Fruit (5) | **4** Pulled Pork (550)Sweet Potato (55)Vegetables (25)Dinner Roll (240)Fruit (5) | **5** Crab Cake (510)Yellow Rice (25)Pineapple (5)Tomato Salad(40)Dinner Roll (240) |
| **Cal**710 | **Carb**100 | **Na**1000 |

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| **Cal** | **Carb** | **Na** |
| 615 | 90 | 1390 |

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| **Cal** | **Carb** | **Na** |
| 720 | 100 | 995 |

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| **Cal** | **Carb** | **Na** |
| 745 | 100 | 950 |

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| **8** Chicken Dumplings (235)Fried Rice (155)Vegetables (25)Dinner Roll (240)Fruit (5) | **9** Coconut Shrimp w/Peppers (600)Rice (5)Dinner Roll (240)Fruit (5) | **10** Pork Cake & Mushrooms (365)Veg Rice (85)Pineapple (5)Coleslaw (15)Dinner Roll (240 | **11 Cold:** Garlic Tofu (465)Lo Mein (50)Garden Salad (35)Dinner Roll (240)Fruit (5) | **12** **No Meals****Staff Appreciation Day** |
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| **Cal** | **Carb** | **Na** |
| 620 | 95 | 790 |

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| **Cal** | **Carb** | **Na** |
| 720 | 85 | 975 |

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| **Cal** | **Carb** | **Na** |
| 905 | 100 | 840 |

 | **Cal**660 | **Carb**95 | **Na**920 |
| **15** Hoisin Pork (735)Sweet Potatoes (55)Vegetables (25)Dinner Roll (240)Fruit (5)

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| **Cal**780 | **Carb**105 | **Na**1185 |

 | **16** Garlic Ginger Fish (415)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) | **17 Special** Hawaiian Chicken (520)Island Rice (155)Straw Rhubarb(5)Garden Salad (35)Dinner Roll (240) | **18**  **Cold:** Tofu & Noodles (960)Garden Salad (35)Fruit (5)Dinner Roll (240 | **19** Garlic Shrimp StirFry(935)Brown Rice (25)Dinner Roll (240)Fruit (5) |
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| **Cal**610 | **Carb**95 | **Na**815 |

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| **Cal**700 | **Carb**95 | **Na**1085 |

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| **Cal**535 | **Carb**85 | **Na**1365 |

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| **Cal**710 | **Carb**95 | **Na**1330 |

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| **22** Orange Chicken & Snap Peas (610)White Rice (5)Dinner Roll (240)Fruit (5) | **23** Vegetable Fried Rice (505)Vegetables (25)Dinner Roll (240)Fruit (5) | **24 Cold:** Edamame Salad (200)Sesame Noodles (305)Garden Salad (35)Dinner Roll (240)Fruit (5) | **25** Basil Beef & Broccoli (640)Veg Rice (85)Dinner Roll (240)Fruit (5) | **26** Pork Roast w/Peppers (215)Yucca (15)Vegetables (25)Dinner Roll (240)Fruit (5) |
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| **Cal**780 | **Carb**125 | **Na**985 |

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| **Cal**705 | **Carb**90 | **Na**900 |

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| **Cal**790 | **Carb**105 | **Na**910 |

 | **Cal**810 | **Carb**100 | **Na**1095 | **Cal**800 | **Carb**115 | **Na**625 |
| **29** Pork w/Mushrooms (720)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) | **30** Sweet & Sour Meatballs & Vegetables (315)Lo Mein (50)Dinner Roll (240)Fruit (5) | Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk, margarine. Sodium (Na): Milligrams in parenthesisA $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.**Menu Subject to Change Without Notice** |
| **Cal**770 | **Carb**100 | **Na**1120 | **Cal**700 | **Carb**90 | **Na**740 |

Nutrition questions contact Leigh Hartwell at 978-651-3023 or lhartwell@agespan.org

**To Cancel Meals please call 978-686-1422 at least 24 hours prior to service.**

