|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 615 | 90 | 1390 | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 720 | 100 | 995 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 745 | 100 | 950 | | | |
| **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** | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 620 | 95 | 790 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 720 | 85 | 975 | | | | |  |  |  | | --- | --- | --- | | **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)   |  |  |  | | --- | --- | --- | | **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  610 | **Carb**  95 | **Na**  815 | | | | |  |  |  | | --- | --- | --- | | **Cal**  700 | **Carb**  95 | **Na**  1085 | | |  |  |  | | --- | --- | --- | | **Cal**  535 | **Carb**  85 | **Na**  1365 | | | | |  |  |  | | --- | --- | --- | | **Cal**  710 | **Carb**  95 | **Na**  1330 | | | |
| **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  780 | **Carb**  125 | **Na**  985 | | | | |  |  |  | | --- | --- | --- | | **Cal**  705 | **Carb**  90 | **Na**  900 | | | | |  |  |  | | --- | --- | --- | | **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 parenthesis  A $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.**

A screenshot of a computer

AI-generated content may be incorrect.