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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1****Labor Day No Meals Served** | **2** Meatloaf (200)Mshd Potato (110)Peas (60)MG Bread (150)Fresh Fruit (5) | **3 Cold:** Turkey & Cheese (485)Garden Salad (35)Tabouli (70)Yogurt(75)/Juice(0)Vienna Bread (360) | **4** Pulled Pork (150)Swt Potato (55)Corn (5)Tortilla (170)Applesauce (20) | **5** Crab Cake (510)Rice&Beans (85)Peach Crisp (20)Oat Bread (150)Cuke Salad (40) |
| Cal740 | Carb85 | Na650 | Cal590 | Carb85 | Na1030 | Cal585 | Carb80 | Na525 | Cal745 | Carb85 | Na1065 |
| **8** Turkey Guisado (930)Yucca (20)Carrots (65)LS WW Bread (0)Chilled Fruit (5) | **9** Spinach & MushroomLasagna (425)Veg Blend (25)Garlic Roll (240) Cookie (60) | **10** Hot Dog (540)Beans (165)Warm Apples (10)Coleslaw (15)Roll (250) | **11 Cold:** Rst Beef & Cheese (200)Potato Salad (120)Garden Salad (35)MG Bread (300)Fresh Fruit (5) | **12** **No Meals****Staff Appreciation Day** |
| Cal700 | Carb110 | Na1150 | Cal705 | Carb90 | Na965 | Cal860 | Carb95 | Na1245 | Cal580 | Carb80 | Na840 |
| **15** Burger & Chimi Sauce (590)Sweet Potato (55) Cabbage (20)WW Roll (250)Gelatin (15)  | **16** Garlic Ginger Fish (480)Mixed Veg (5)Rice (5)WW Bread (165)Chilled Fruit (5) | **17** **Special:** Pineapple Chicken& Peppers (350)Fried Rice (65)Berries&Rhubarb (5)Garden Salad (175) WW Roll (240) | **18 Cold** Turkey & Cheese ChefSalad (520)Bean Salad (335) Fresh Fruit (5)Pita Bread (160) | **19** Eggplant Parm (1050)Pasta (5)Veg Blend (15)LS WW Brd (0)Mandarins (10) |
| Cal815 | Carb75 | Na1055 | Cal595 | Carb95 | Na790 | Cal770 | Carb110 | Na960 | Cal660 | Carb80 | Na1145 | Cal715 | Carb100 | Na1200 |
| **22** Chicken & Rice (520)Beans (400)MG Bread (150)Chilled Fruit (5) | **23** Broc & Cheese Egg Bake (340)Potatoes (25) Okra (45)Fruit Loaf (170)Yogurt (75)Juice (0) | **24 Cold:** Ham & Cheese (335)Beets (170)Garden Salad (35)WW Bread (330)Chilled Fruit (5) | **25 Bday:** American Chop Suey (440)Broccoli (10)WW Garlic Roll (240) Cake (175) | **26** Sausage Peppers & Onions (630)Yucca (20)Butternut (20)Roll (270)Fresh Fruit (5)  |
| Cal760 | Carb100 | Na1210 | Cal835 | Carb110 | Na660 | Cal615 | Carb85 | Na1000 | Cal830 | Carb110 | Na1000 | Cal815 | Carb120 | Na1070 |
| **29** Garlic & Herb Pork (345)Spanish Rice (315)Cauliflower (15)WW Roll (240)Applesauce (20) | **30** Pasta & Meatballs (610)Veg Blend (15)Oat Bread (150)Mandarins (10) | Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Cal = Total Calories, Carb = Total Carbohydrates, Na = Total Sodium (also in parentheses) A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.Nutrition Questions? Leigh @ 978- 651-3023 lhartwell@agespan.orgMenus Subject to Change Without Notice  |
| Cal830 | Carb100 | Na1070 | Cal730 | Carb85 | Na1020 |

To Cancel Meals Please Call **978-686-1422** at least 24 Hours Before Service

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