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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) | | |
| Cal  740 | Carb  85 | Na  650 | Cal  590 | Carb  85 | Na  1030 | Cal  585 | Carb  80 | Na  525 | Cal  745 | Carb  85 | Na  1065 |
| **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** | | |
| Cal  700 | Carb  110 | Na  1150 | Cal  705 | Carb  90 | Na  965 | Cal  860 | Carb  95 | Na  1245 | Cal  580 | Carb  80 | Na  840 |
| **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 Chef  Salad (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) | | |
| Cal  815 | Carb  75 | Na  1055 | Cal  595 | Carb  95 | Na  790 | Cal  770 | Carb  110 | Na  960 | Cal  660 | Carb  80 | Na  1145 | Cal  715 | Carb  100 | Na  1200 |
| **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) | | |
| Cal  760 | Carb  100 | Na  1210 | Cal  835 | Carb  110 | Na  660 | Cal  615 | Carb  85 | Na  1000 | Cal  830 | Carb  110 | Na  1000 | Cal  815 | Carb  120 | Na  1070 |
| **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.org](mailto:lhartwell@agespan.org)  Menus Subject to Change Without Notice | | | | | | | | |
| Cal  830 | Carb  100 | Na  1070 | Cal  730 | Carb  85 | Na  1020 |

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

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