|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1****Labor Day No Meals Served** | **2** Meatloaf w/Gravy (340)Mshd Potato (110)Peas (60)MG Bread (150)Fresh Fruit (5) | **3 Cold:** Egg Salad (170)Garden Salad (35)Tabouli (70)Yogurt(75)/Juice(0)Vienna Bread (360) | **4** BBQ Pulled Pork\*(510)Swt Potato (55)Collard Greens (35) Bun (250) Applesauce (20) | **5** Crab Cake\*(510)Rice&Beans (85)Peach Crisp (20)Oat Bread (150)Cuke Salad (40) |
| Cal740 | Na790 |  Pro40 | Cal615 | Na715 |  Pro25 | Cal710 | Na995 |  Pro40 | Cal745 | Na1065 |  Pro25 |
| **8** Turkey w/Gravy\* (765)Mshd Potato (110)Carrots (65)LS WW Bread (0)Chilled Fruit (5) | **9** Lasagna w/Marinara\*(550) Veg Blend (25)Garlic Roll (240) Cookie (60) | **10** Hot Dog\* (540)Baked Beans (370)Warm Apples (10)Coleslaw (15)Roll (250) | **11 Cold:** Rst Beef & Cheese (200)Chips (170) Salad (35)MG Bread (300)Fresh Fruit (5) | **12** **No Meals****Staff Appreciation Day** |
| Cal525 | Na1080 |  Pro35 | Cal645 | Na1090 |  Pro30 | Cal830 | Na1455 |  Pro30 | Cal620 | Na890 |  Pro35 |
| **15** Burger (425)Sweet Potato (55) Beets (140)WW Roll (250)Gelatin (15)  | **16** BreadedFish (330) Mixed Veg (5)Mshd Potato (110)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) |
| Cal675 | Na1095 |  Pro30 | Cal715 | Na870 |  Pro25 | Cal770 | Na960 |  Pro40 | Cal660 | Na1145 |  Pro40 | Cal715 | Na1200 |  Pro 30 |
| **22** *Greek Chicken\*(520)*Risotto (105)MG Bread (150)Chilled Fruit (5) | **23** Broc & Cheese Egg Bake (340)Potatoes (25) Carrots (65)Fruit Loaf (170)Yogurt (75)Juice (0) | **24 Cold:** Tuna Salad (240) 3 Bean Salad (325)Garden Salad (35)WW Bread (330)Chilled Fruit (5) | **25 Bday:** American Chop Suey (440)Broccoli (10)WW Garlic Roll (240) Cupcake (175) | **26** Sausage Peppers & Onions\*(630)Tater Tots (335)Butternut (20)Roll (270)Fresh Fruit (5)  |
| Cal655 | Na915 |  Pro40 | Cal815 | Na765 |  Pro25 | Cal570 | Na1060 |  Pro35 | Cal830 | Na1000 |  Pro45 | Cal795 | Na1385 |  Pro30 |
| **29** Smothered Pork w/Mushrooms(290)Sweet Potato (30)Cauliflower (15)WW Roll (240)Applesauce (20) | **30** Pasta & Meatballs (395)Veg Blend (15)Oat Bread (150)Mandarins (10) | Totals include entrée, sides, dessert, fruit, bread, milk & margarine. \*Higher sodium item (>500 mg), Shading = High sodium meal (>1200 mg).Cal = Total Calories, Pro = Total Protein, 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 = Alternate for fish available Menus Subject to Change Without Notice  |
| Cal845 | Na725 | Pro45 | Cal660 | Na805 | Pro35 |

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

Brought to you by the Older Americans Act – Italics = Meal Description on back of menu



***Greek Chicken*** = Chicken with Spinach, Feta, peppers & olives