|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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) | | |
| Cal  740 | Na  790 | Pro  40 | Cal  615 | Na  715 | Pro  25 | Cal  710 | Na  995 | Pro  40 | Cal  745 | Na  1065 | Pro  25 |
| **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** | | |
| Cal  525 | Na  1080 | Pro  35 | Cal  645 | Na  1090 | Pro  30 | Cal  830 | Na  1455 | Pro  30 | Cal  620 | Na  890 | Pro  35 |
| **15** Burger (425)  Sweet Potato (55)  Beets (140)  WW Roll (250)  Gelatin (15) | | | **16** Breaded  Fish (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) | | |
| Cal  675 | Na  1095 | Pro  30 | Cal  715 | Na  870 | Pro  25 | Cal  770 | Na  960 | Pro  40 | Cal  660 | Na  1145 | Pro  40 | Cal  715 | Na  1200 | 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) | | |
| Cal  655 | Na  915 | Pro  40 | Cal  815 | Na  765 | Pro  25 | Cal  570 | Na  1060 | Pro  35 | Cal  830 | Na  1000 | Pro  45 | Cal  795 | Na  1385 | Pro  30 |
| **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](mailto:lhartwell@agespan.org)  = Alternate for fish available  Menus Subject to Change Without Notice | | | | | | | | |
| Cal  845 | Na  725 | Pro  45 | Cal  660 | Na  805 | Pro  35 |

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

A screenshot of a computer

AI-generated content may be incorrect.

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