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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Menu Subject to Change Without Notice** **=** Substitute available for Fish | **1** Turkey A La King (390)Mshd Potato(110) Green Beans (5)MG Bread (150) | **2** Chicken Piccata (430)Risotto (110)Broccoli (10)Oat Bread (150) | **3** Beef & (385)Vegetable Stew Potatoes (25)MG Bread (150) | **4** Lasagna & Marinara (510)Veg Blend (15)Roll (120) |
| Cal615 | Carb70 | Na785 | Cal575 | Carb65 | Na830 | Cal620 | Carb70 | Na690 | Cal530 | Carb70 | Na780 |
| **7** Lemon Basil Chicken & Pasta (325)Veg Blend (35)MG Bread (150) | **8** Breaded Fish (270)Corn (5)Br. Sprouts (15)WW Bread (165) | **9** **No meals****Volunteer Appreciation Day** | **10** Pineapple Pork (220)Potato (130)Warm Apples(10)Oat Bread (150)  | **11** Vegetarian Chili (655)Peas (60)LS Bread (0) |
| Cal780 | Carb55 | Na645 | Cal545 | Carb70 | Na585 | Cal625 | Carb70 | Na640 | Cal440 | Carb70 | Na840 |
| **14** Turkey Burgerw/Gravy (480)Mshd Potato (110)Carrots (65)LS WW Bread (0) | **15** Beef Burgundy &Noodles (450)Broccoli (10)WW Bread (165) | **16 Cold**: Egg Salad (135)Quinoa Salad(230)Beets (140)Pita (215) | **17** Broccoli &Cheese Cken(465)Sweet Potato (55)Berries (5)Oat Bread (150) | **18** Mediterranean Fish (420)Rice Pilaf (40)Veg Blend (15)Roll (120) |
| Cal540 | Carb55 | Na790 | Cal605 | Carb65 | Na760 | Cal475 | Carb60 | Na800 | Cal640 | Carb70 | Na800 | Cal480 | Carb60 | Na720 |
| **21****Holiday No Meals Served** | **22** Egg & CheeseBake (340)Rsted Potato (5)Carrots (65)WW Bread (165)Juice (0) | **23** Pork & Mushrooms (300)Corn (5)Apples (10)Oat Bread (150) | **24** Meatloaf & Gravy (335)Mshd Potato(110)Green Beans (5)MG Bread (150) | **25** Sweet n’Sour Chicken Stir Fry (500)Brown Rice (5)Oat Bread (150) |
| Cal603 | Carb70 | Na580 | Cal560 | Carb60 | Na595 | Cal670 | Carb70 | Na730 | Cal570 | Carb70 | Na810 |
| **28** Shepherd’s PieBeef & Gravy(240)Mshd Potato (110)Corn (5)Oat Bread (150) | **29** Balsamic Chicken (340)Butternut (15)Garlic Kale (45)Roll (120) | **30 Cold:** Tuna Salad (240)Garden Salad (35)3 Bean Salad(325)LS Bread (0) | Totals include entrée, sides, bread, milk & margarine.A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between50–100 calories and under 100mg of sodium, to be eaten between meals |
| Cal645 | Carb65 | Na625 | Cal540 | Carb70 | Na650 | Cal445 | Carb60 | Na730 |

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

A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org