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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) | | |
| Cal  615 | Carb  70 | Na  785 | Cal  575 | Carb  65 | Na  830 | Cal  620 | Carb  70 | Na  690 | Cal  530 | Carb  70 | Na  780 |
| **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) | | |
| Cal  780 | Carb  55 | Na  645 | Cal  545 | Carb  70 | Na  585 | Cal  625 | Carb  70 | Na  640 | Cal  440 | Carb  70 | Na  840 |
| **14** Turkey Burger  w/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) | | |
| Cal  540 | Carb  55 | Na  790 | Cal  605 | Carb  65 | Na  760 | Cal  475 | Carb  60 | Na  800 | Cal  640 | Carb  70 | Na  800 | Cal  480 | Carb  60 | Na  720 |
| **21**  **Holiday No Meals Served** | | | **22** Egg & Cheese  Bake (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) | | |
| Cal  603 | Carb  70 | Na  580 | Cal  560 | Carb  60 | Na  595 | Cal  670 | Carb  70 | Na  730 | Cal  570 | Carb  70 | Na  810 |
| **28** Shepherd’s Pie  Beef & 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, between  50–100 calories and under 100mg of sodium, to be eaten between meals | | | | | |
| Cal  645 | Carb  65 | Na  625 | Cal  540 | Carb  70 | Na  650 | Cal  445 | Carb  60 | Na  730 |

**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](mailto:lhartwell@agespan.org)