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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Menu Subject to Change Without Notice** | **1** Turkey & (880) Pigeon Peas White Rice (5)Green Beans (5)MG Bread (150)Pineapple (0) | **2** Orange Chicken& Peppers (610)Coconut Rice (80)Broccoli (10)Cookie (60)Oat Bread (150) | **3** StewedBeef & Vegetables (675)White Rice (5)MG Bread (150)Pudding (160) | **4** Eggplant Parm & Pasta (1050)Veg Blend (15)LS Bread (0) Mandarins (5) |
| Cal675 | Carb105 | Na1170 | Cal965 | Carb130 | Na1045 | Cal935 | Carb80 | Na1120 | Cal720 | Carb100 | Na1200 |
| **7** Chicken & Rice (520)Veg Blend (35)MG Bread (150)Pineapple (0) | **8** Cilantro Lime Fish (340)Coconut Rice(80)Brussels (20)WW Bread (165)Chilled Fruit (10) | **9** **No meals****Volunteer Appreciation Day** | **10 Special:** Ham & Pineapple (950)Yucca (20)Apple Crisp (110)Caesar Salad (145)LS Bread (0)  | **11** Pasta & VegetableMarinara (235)Peas (60)WW Bread(165)Fresh Fruit (0) |
| Cal700 | Carb90 | Na840 | Cal850 | Carb100 | Na745 | Cal910 | Carb115 | Na1350 | Cal620 | Carb105 | Na590 |
| **14** Guisado Turkey (790)Rice & Peas (235)Carrots (65)LS WW Bread (0)Applesauce (15) | **15** Beef “Ropa Vieja” (600)White Rice (5)WW Bread (165)Chilled Fruit (10) | **16 Cold**: Cuban Sandwich (385)Quinoa Salad(230)Beets (195)Gelatin (105)LS Bread (0) | **17** Broccoli &Cheese Cken(465)Sweet Potato (55)Berry Crisp (105)Garden Salad (35)Oat Bread (150) | **18** Mojo Fish (225)Rice&Beans(75)Veg Blend (15)WW Roll (240)Fresh Fruit (5) |
| Cal650 | Carb90 | Na1175 | Cal595 | Carb75 | Na910 | Cal695 | Carb85 | Na1045 | Cal845 | Carb95 | Na935 | Cal585 | Carb90 | Na685 |
| **21****Holiday No Meals Served** | **22** Egg & CheeseBake (340)Plantains (15)Okra (45)Fruit Loaf (170)Yogurt (75), Juice | **23** Hot Dog (540)Beans (165)Apples (10)Coleslaw (15) Bun (250) | **24 Birthday**Meatloaf (200)Mshd Potato(110)Green Beans (5)MG Bread (150)Cake (175) | **25** Chicken Salteado (770)Brown Rice (25)Pineapple (0)Oat Bread (150) |
| Cal945 | Carb135 | Na730 | Cal860 | Carb95 | Na1245 | Cal760 | Carb80 | Na765 | Cal690 | Carb100 | Na1070 |
| **28** Beef Picadillo (175)Yucca (15)Biscuit (280)Pudding (190) | **29** Pica de Gallo Chicken (415)Butternut (15)Beets (140)WW Roll (240)Chilled Fruit (5) | **30 Cold:** Turkey & Swiss (455)Spinach Salad(35)3 Bean Salad(325)LS Bread (0)Fresh Fruit (0) | Totals include entrée, sides, dessert, fruit, bread, milk & margarine.Cal = Total Calories, Carbs = Carbohydrate, Na = Total Sodium (also in parentheses) |
| Cal890 | Carb100 | Na790 | Cal660 | Carb95 | Na850 | Cal525 | Carb80 | Na1000 |

**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