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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) | | |
| Cal  675 | Carb  105 | Na  1170 | Cal  965 | Carb  130 | Na  1045 | Cal  935 | Carb  80 | Na  1120 | Cal  720 | Carb  100 | Na  1200 |
| **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 & Vegetable  Marinara (235)  Peas (60)  WW Bread(165)  Fresh Fruit (0) | | |
| Cal  700 | Carb  90 | Na  840 | Cal  850 | Carb  100 | Na  745 | Cal  910 | Carb  115 | Na  1350 | Cal  620 | Carb  105 | Na  590 |
| **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) | | |
| Cal  650 | Carb  90 | Na  1175 | Cal  595 | Carb  75 | Na  910 | Cal  695 | Carb  85 | Na  1045 | Cal  845 | Carb  95 | Na  935 | Cal  585 | Carb  90 | Na  685 |
| **21**  **Holiday No Meals Served** | | | **22** Egg & Cheese  Bake (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) | | |
| Cal  945 | Carb  135 | Na  730 | Cal  860 | Carb  95 | Na  1245 | Cal  760 | Carb  80 | Na  765 | Cal  690 | Carb  100 | Na  1070 |
| **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) | | | | | |
| Cal  890 | Carb  100 | Na  790 | Cal  660 | Carb  95 | Na  850 | Cal  525 | Carb  80 | Na  1000 |

**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)