|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| **Menu Subject to Change Without Notice**  **=** Substitute available for Fish | | | **1** Turkey A La King (490)  Mshd Potato(110) Corn (5)  Biscuit (280)  Pineapple (0) | | | **2** Citrus Fennel Chicken\*(730)  Risotto (110)  Broccoli (10)  Cookie (60)  Oat Bread (150) | | | **3** Beef & (385)  Vegetable Stew  Potatoes (25)  MG Bread (150)  Pudding (160) | | | **4** Eggplant Parm & Pasta\*(1050)  Veg Blend (15)  LS Bread (0)  Mandarins (5) | | |
| Cal  815 | Na  1010 | Pro  35 | Cal  830 | Na  1190 | Pro  40 | Cal  760 | Na  855 | Pro  35 | Cal  715 | Na  1200 | Pro  30 |
| **7** Chicken Parm & Pasta \* (790)  Veg Blend (35)  MG Bread (150)  Pineapple (0) | | | **8** Breaded  Fish (270)  Corn (5)  Br. Sprouts (15)  Burger Bun (250)  Chilled Fruit (10) | | | **9**  **No meals**  **Volunteer Appreciation Day** | | | **10 Special:** Ham & Pineapple\*(950)  Potato (130)  Apple Crisp (110)  Caesar Salad (145)  LS Bread (0) | | | **11** Macaroni & Cheese (815)  Peas (60)  WW Bread(165)  Fresh Fruit (0) | | |
| Cal  760 | Na  1100 | Pro  35 | Cal  635 | Na  680 | Pro  35 | Cal  840 | Na  1465 | Pro  30 | Cal  755 | Na  1165 | Pro  30 |
| **14** Turkey  w/Gravy\*(765)  Mshd Potato (110)  Carrots (65)  LS WW Bread (0)  Applesauce (15) | | | **15** Beef Burgundy &  Noodles (450)  Broccoli (10)  WW Bread (165)  Chilled Fruit (10) | | | **16 Cold**: Egg Salad (135)  Quinoa Salad(230)  Beets (195)  Gelatin (105)  Pita (215) | | | **17** Broccoli &  Cheese Cken(465)  Sweet Potato (55)  Berry Crisp (105)  Garden Salad (35)  Oat Bread (150) | | | **18** Mediterranean Fish (420)  Rice Pilaf (40)  Crm Spinach (210)  WW Roll (240)  Fresh Fruit (5) | | |
| Cal  505 | Na  1085 | Pro  30 | Cal  665 | Na  770 | Pro  40 | Cal  605 | Na  1010 | Pro  30 | Cal  835 | Na  935 | Pro  35 | Cal  735 | Na  1040 | Pro  40 |
| **21**  **Holiday No Meals Served** | | | **22** Egg & Cheese  Bake (340)  Rsted Potato (5)  Carrots (65)  Fruit Loaf (170)  Yogurt (75), Juice | | | **23** Hot Dog\*(540)  Bkd Beans (370)  Apples (10)  Coleslaw (15)  Bun (250) | | | **24 Birthday**  Meatloaf (335)  Mshd Potato(110)  Green Beans (5)  MG Bread (150)  Cake (175) | | | **25** Sweet n’Sour Chicken Stir  Fry (485)  Brown Rice (25)  Pineapple (0)  Oat Bread (150) | | |
| Cal  850 | Na  740 | Pro  25 | Cal  830 | Na  1455 | Pro  30 | Cal  760 | Na  910 | Pro  40 | Cal  675 | Na  790 | Pro  35 |
| **28** Shepherd’s Pie  Beef & Gravy(230)  Mshd Potato (110)  Corn (5)  Biscuit (280)  Pudding (190) | | | **29** Balsamic Chicken (435)  Butternut (15)  Garlic Kale (45)  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.  \*Higher sodium item (>500 mg),  Shading = High sodium meal (>1200 mg). Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses) | | | | | |
| Cal  825 | Na  945 | Pro  40 | Cal  775 | Na  870 | Pro  40 | Cal  525 | Na  1000 | Pro  35 |

**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)

