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| **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) |
| Cal815 | Na1010 | Pro35 | Cal830 | Na1190 | Pro40 | Cal760 | Na855 | Pro35 | Cal715 | Na1200 | Pro30 |
| **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) |
| Cal760 | Na1100 | Pro35 | Cal635 | Na680 | Pro35 | Cal840 | Na1465 | Pro30 | Cal755 | Na1165 | Pro30 |
| **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) |
| Cal505 | Na1085 | Pro30 | Cal665 | Na770 | Pro40 | Cal605 | Na1010 | Pro30 | Cal835 | Na935 | Pro35 | Cal735 | Na1040 | Pro40 |
| **21****Holiday No Meals Served** | **22** Egg & CheeseBake (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) |
| Cal850 | Na740 | Pro25 | Cal830 | Na1455 | Pro30 | Cal760 | Na910 | Pro40 | Cal675 | Na790 | Pro35 |
| **28** Shepherd’s PieBeef & 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) |
| Cal825 | Na945 | Pro40 | Cal775 | Na870 | Pro40 | Cal525 | Na1000 | Pro35 |

**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

