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| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| **Menu Subject to Change Without Notice** | | | **1** Turkey A La King (390)  Green Beans (5) Corn (5)  MG Bread (150)  Pineapple (0) | | | **2** Chicken  Piccata (430)  Risotto (110)  Broccoli (10)  Grahams (75)  Oat Bread (150) | | | **3** Beef & (385)  Vegetable Stew  White Rice (5)  D.Roll (260)  Yogurt (75) | | | **4** Lasagna & Red Pepper Sauce (390)  Veg Blend (15)  LS Bread (0)  Mandarins (5) | | |
| K  1045 | Phos  305 | Na  550 | K  900 | Phos  360 | Na  800 | K  855 | Phos  395 | Na  730 | K  740 | Phos  375 | Na  420 |
| **7** Lemon Basil Chicken &  Pasta (325)  Veg Blend (35)  MG Bread (150)  Pineapple (0) | | | **8** Breaded  Fish (270)  Corn (5)  Carrots (70)  D.Roll (260)  Chilled Fruit (10) | | | **9**  **No meals**  **Volunteer Appreciation Day** | | | **10** Pineapple  Pork (220)  Butternut (5)  Warm Apples(10)  Garden Salad (35)  Oat Bread (150) | | | **11** Macaroni Cheese (650)  Peas (60)  LS Bread (0)  Fresh Fruit (0) | | |
| K  650 | Phos  275 | Na  520 | K  955 | Phos  310 | Na  610 | K  805 | Phos  200 | Na  425 | K  715 | Phos  230 | Na  715 |
| **14** Turkey Burger  w/Gravy (480)  Corn (5)  Carrots (65)  Bun (250)  Applesauce (15) | | | **15** Beef Burgundy &  Noodles (450)  Broccoli (10)  D.Roll (260)  Chilled Fruit (10) | | | **16 Cold**: Egg Salad (135)  Quinoa Salad(230)  Beets (140)  Yogurt (75)  Pita (215) | | | **17** Broccoli &  Cheese Cken(465)  Peas (60)  Berries (5)  Garden Salad (35)  Oat Bread (150) | | | **18** Fish & Lemon (265)  Rice Pilaf (40)  Veg Blend (15)  Roll (260)  Fresh Fruit (5) | | |
| K  1025 | Phos  305 | Na  825 | K  865 | Phos  320 | Na  715 | K  595 | Phos  440 | Na  750 | K  900 | Phos  275 | Na  715 | K  915 | Phos  260 | Na  590 |
| **21**  **Holiday No**  **Meals Served** | | | **22** Egg & Cheese  Bake (340)  Orzo (30)  Carrots (65)  D.Roll (260)  Yogurt (75) | | | **23** Pork & Mushrooms (300)  Corn (5)  Apples (10)  Coleslaw (15)  Oat Bread (150) | | | **24** Meatloaf (335)  Mashed Cauliflower (100)  Green Beans (5)  MG Bread (150)  Fruit (5) | | | **25** Sweet n’Sour Chicken Stir  Fry (485)  Brown Rice (25)  Pineapple (0)  Oat Bread (150) | | |
| K  830 | Phos  375 | Na  760 | K  660 | Phos  235 | Na  485 | K  1055 | Phos  330 | Na  600 | K  725 | Phos  300 | Na  685 |
| **28** Beef &  Gravy (230)  White Rice (5)  Corn (5)  Oat Bread (150)  Yogurt (75) | | | **29** Balsamic Chicken (340)  Peas (60)  Beets (140)  D.Roll (260)  Chilled Fruit (5) | | | **30 Cold:** Tuna Salad (240)  Garden Salad (35)  Pasta Salad (10)  LS Bread (0)  Fresh Fruit (0) | | | Total Sodium (Na), Potassium (K),  & Phosphorus (Phos) include entrée, sides, dessert or fruit, bread, margarine, and juice.  Sodium (Na) in parentheses next to each item. | | | | | |
| K  840 | Phos  480 | Na  475 | K  960 | Phos  290 | Na  790 | K  720 | Phos  215 | Na  290 |

**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)

