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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) |
| K1045 | Phos305 | Na550 | K900 | Phos360 | Na800 | K855 | Phos395 | Na730 | K740 | Phos375 | Na420 |
| **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) |
| K650 | Phos275 | Na520 | K955 | Phos310 | Na610 | K805 | Phos200 | Na425 | K715 | Phos230 | Na715 |
| **14** Turkey Burgerw/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) |
| K1025 | Phos305 | Na825 | K865 | Phos320 | Na715 | K595 | Phos440 | Na750 | K900 | Phos275 | Na715 | K915 | Phos260 | Na590 |
| **21****Holiday No** **Meals Served** | **22** Egg & CheeseBake (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) |
| K830 | Phos375 | Na760 | K660 | Phos235 | Na485 | K1055 | Phos330 | Na600 | K725 | Phos300 | Na685 |
| **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.  |
| K840 | Phos480 | Na475 | K960 | Phos290 | Na790 | K720 | Phos215 | Na290 |

**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

