|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Monday | | | Tuesday | | | Wednesday | Thursday | | | Friday | | |
| **Menu Subject to Change Without Notice** | | | **1** Lemon Ginger  Shrimp (805)  Lo Mein (50)  Mushrooms (165)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **2** Orange  Chicken (465)  Coconut Rice (10)  Broccoli (15)  Dinner Roll (240)  Fruit (5) | **3** Mongolian Beef w/Snap Peas (305)  White Rice (5)  Dinner Roll (240)  Fruit (5) | | | **4** Tofu Pad  Thai (500)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| **Cal**  650 | **Carb**  95 | **Na**  1420 | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 890 | 125 | 930 | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 670 | 100 | 680 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 830 | 120 | 895 | | | |
| **7** Sesame  Chicken (655)  White Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **8** Miso Fish (660)  Coconut Rice(85)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **9**  **No meals**  **Volunteer Appreciation Day** | **10** Pineapple  Pork (220)  Yucca (20)  Garden Salad (35)  Dinner Roll (240)  Warm Apples (15) | | | **11** Veggie Fried Rice (505)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 805 | 125 | 1055 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 795 | 115 | 1140 | | | | **Cal**  720 | **Carb**  100 | **Na**  655 | **Cal**  670 | **Carb**  90 | **Na**  905 |
| **14** Chicken Dumplings (240)  Fried Rice (160)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **15** Beef & Broccoli (550)  White Rice (5)  Dinner Roll (240)  Fruit (5) | | | **16** **Cold** Edamame Salad (200)  Noodles (305)  Beets (195)  Dinner Roll (240)  Fruit (5) | **17** Hoisin  Chicken (595)  Sweet Potato (55)  Garden Salad (35)  Dinner Roll (240)  Pineapple (5) | | | **18** Chili Lime Fish (495)  Coconut Rice (85)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| **Cal**  585 | **Carb**  95 | **Na**  790 | |  |  |  | | --- | --- | --- | | **Cal**  665 | **Carb**  105 | **Na**  930 | | | | |  |  |  | | --- | --- | --- | | **Cal**  770 | **Carb**  110 | **Na**  1070 | | |  |  |  | | --- | --- | --- | | **Cal**  655 | **Carb**  95 | **Na**  1050 | | | | |  |  |  | | --- | --- | --- | | **Cal**  900 | **Carb**  130 | **Na**  970 | | | |
| **21**  **Patriot’s Day**  **No Meals Served** | | | **22** BBQ Chicken Wings (515)  Lo Mein (135)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **23** Fi Pork & Mushrooms (350)  Veggie Rice (85)  Cabbage (105)  Dinner Roll (240)  Fruit (5) | **24** Turkey & Green Beans (680)  White Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **25** Sweet n ’Sour Chicken & Vegetables (520)  Brown Rice (25)  Oat Bread (150)  Pineapple (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  710 | **Carb**  125 | **Na**  1045 | | | | |  |  |  | | --- | --- | --- | | **Cal**  850 | **Carb**  115 | **Na**  1075 | | **Cal**  760 | **Carb**  110 | **Na**  1080 | **Cal**  650 | **Carb**  95 | **Na**  825 |
| **28** Basil Beef  w/ Peppers (640)  Yucca (20)  Dinner Roll (240)  Fruit (5) | | | **29** Teriyaki Chicken (640)  White Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **30** **Cold** Garlic Shrimp (925)  Noodles (305)  Garden Salad (35)  LS Bread (0)  Fruit (5) | **To Cancel Meals call 978-686-1422 at least 24 hours prior to service.**  **Menu to Change Without Notice**    A $2.00 confidential donation is suggested per meal. Donation letters are mailed monthly | | | | | |
| **Cal**  815 | **Carb**  110 | **Na**  1030 | |  |  |  | | --- | --- | --- | | **Cal**  620 | **Carb**  90 | **Na**  1040 | | | | |  |  |  | | --- | --- | --- | | **Cal**  515 | **Carb**  75 | **Na**  1390 | |

Nutrition Questions? Contact Leigh @ 978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org)

