|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 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

