|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| **3** Chicken Pad  Thai (810)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **4** Sesame Beef (635)  Rice (5)  Carrots (65)  Dinner Roll (240)  Fruit (5) | | | **5** Shrimp Stir  Fry (935)  Coconut Rice(80)  Dinner Roll (240)  Fruit (5) | | | **6** Turkey&Green Beans (680)  Brown Rice (25)  Dinner Roll (240)  Fruit (5) | | | **7** BBQ Chicken Wings (510)  Fried Rice (155)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| Cal | Carb | Na | Cal  855 | Carb  125 | Na  1075 | Cal  880 | Carb  110 | Na  1390 | Cal  805 | Carb  110 | Na  1075 | Cal  720 | Carb  110 | Na  1065 |
| 935 | 120 | 1210 |
| **10** GarlicBeef & Mushrooms (575)  Brown Rice (25)  Broccoli (15)  Dinner Roll (240)  Fruit (5) | | | **11** Five-Spiced Pork (350)  Veg Rice (85)  Cabbage (100)  Dinner Roll (240)  Fruit (5) | | | **12 Cold:** Sesame Garlic Tofu (465)  Noodles (305)  Garden Salad (35)  Dinner Roll (240)  Fruit (5) | | | **13** Orange Chicken & Vegetables (490)  Veg Lo Mein(135)  Dinner Roll (240)  Fruit (5) | | | **14** Vegetable Fried Rice (505)  Vegetables (25)  Dinner Roll(240)  Fruit (5) | | |
| Cal  720 | Carb  105 | Na  985 | Cal  875 | Carb  115 | Na  905 | Cal  670 | Carb  105 | Na  1175 | Cal  765 | Carb  115 | Na  990 | Cal  705 | Carb  90 | Na  895 |
| **17**  **No Meals Served**  **President’s Day** | | | **18** Pork Cake  w/Shitake (365)  Veg Rice (85)  Bok Choy (80)  Dinner Roll (240)  Fruit (5) | | | **19** Teriyaki  Chicken (735)  Sweet Potato (55)  Broccoli (15)  Dinner Roll (240)  Fruit (5) | | | **20** Mongolian Beef w/Snap Peas (300)  Rice (5)  Dinner Roll (240)  Fruit (5) | | | **21** Coconut, Shrimp (595)  Cilantro Rice(20)  Dinner Roll (240)  Fruit (5) | | |
| Cal  835 | Carb  100 | Na  905 | Cal  730 | Carb  100 | Na  1170 | Cal  685 | Carb  95 | Na  680 | Cal  745 | Carb  90 | Na  990 |
| **24** Chicken Dumplings (235)  Yucca (20)  Green Beans (5)  Dinner Roll (240)  Fruit (5) | | | **25** Tofu w/Tomato (515)  Rice (5)  Carrots (65)  Dinner Roll (240)  Fruit (5) | | | **26** Basil  Beef (640)  Brown Rice (25)  Dinner Roll (240)  Fruit (5) | | | **27** Sweet & Sour Chicken (530)  Lo Mein (50)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **28** Chili Lime Fish (370)  Coconut Rice(80)  Garden Salad (35)  Dinner Roll (240)  Fruit (5) | | |
| Cal  680 | Carb  125 | Na  630 | Cal  670 | Carb  110 | Na  955 | Cal  820 | Carb  100 | Na  1035 | Cal  700 | Carb  105 | Na  980 | Cal  950 | Carb  125 | Na  855 |

Totals include entrée, sides, dessert, fruit, bread, milk & margarine.

Sodium (Na) noted in parentheses next to each item.

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

**Menu Subject to Change Without Notice**

**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.

