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| --- | --- | --- | --- | --- |
| **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 | Cal855 | Carb125 | Na1075 | Cal880 | Carb110 | Na1390 | Cal805 | Carb110 | Na1075 | Cal720 | Carb110 | Na1065 |
| 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) |
| Cal720 | Carb105 | Na985 | Cal875 | Carb115 | Na905 | Cal670 | Carb105 | Na1175 | Cal765 | Carb115 | Na990 | Cal705 | Carb90 | Na895 |
| **17** **No Meals Served****President’s Day** | **18** Pork Cakew/Shitake (365)Veg Rice (85)Bok Choy (80)Dinner Roll (240)Fruit (5) | **19** TeriyakiChicken (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) |
| Cal835 | Carb100 | Na905 | Cal730 | Carb100 | Na1170 | Cal685 | Carb95 | Na680 | Cal745 | Carb90 | Na990 |
| **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) |
| Cal680 | Carb125 | Na630 | Cal670 | Carb110 | Na955 | Cal820 | Carb100 | Na1035 | Cal700 | Carb105 | Na980 | Cal950 | Carb125 | Na855 |

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

**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.

