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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Cal = Total Calories, Carb = Total Carbohydrates, Na = Total Sodium (also in parentheses)A $2.00 confidential donation is suggested per meal.Donation letters mailed monthly.Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org | **1** Honey Garlic Pork (215)Brown Rice (25)Vegetables (25)Dinner Roll (240)Fruit (5) | **2** Tofu Pad Thai (500)Vegetables (25)Dinner Roll (240)Fruit (5) |
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| **Cal** | **Carb** | **Na** |
| 760 | 105 | 635 |

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| **Cal** | **Carb** | **Na** |
| 830 | 120 | 890 |

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| **5** Orange Chicken & Broccoli (715)Rice (5)Dinner Roll (240)Fruit (5) | **6** Pork w/Peppers & Onions (550)Sweet Potato (55)Vegetables (25)Dinner Roll (240)Fruit (5) | **7** Tofu w/Tomatoes (515)Lo Mein (50)Vegetables (25)Dinner Roll (240)Fruit (5) | **8** Turkey & Brown Rice (700)Green Beans (5)Dinner Roll (240)Fruit (5) | **9** Hoisin Fish (400)Coconut Rice(80)Vegetables (25)Dinner Roll (240)Fruit (5) |
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| **Cal** | **Carb** | **Na** |
| 820 | 135 | 1090 |

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| **Cal** | **Carb** | **Na** |
| 840 | 105 | 1000 |

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| **Cal** | **Carb** | **Na** |
| 650 | 110 | 960 |

 | **Cal**770 | **Carb**110 | **Na**1070 | **Cal**795 | **Carb**115 | **Na**880 |
| **12** Meatballs & Sticky Sauce (295)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) | **13** Vegetable Fried Rice (505)Vegetables (25)Dinner Roll (240)Fruit (5) | **14** C**old:** Garlic Shrimp (920) Noodles (305)Garden Salad (35)LS Wheat (0)Fruit (5)  | **15** Chicken Dumplings (235)Veggie Rice (85)Vegetables (25)Dinner Roll (240)Fruit (5) | **16** Mongolian Beef & Snap Peas (300)Brown Rice (25)Dinner Roll (240)Fruit (5) |
| **Cal**760 | **Carb**120 | **Na**695 |

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| **Cal**670 | **Carb**90 | **Na**900 |

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| **Cal**575 | **Carb**90 | **Na**1390 |

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| **Cal**595 | **Carb**105 | **Na**715 |

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| **Cal**715 | **Carb**105 | **Na**700 |

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| **19** BBQ Chicken Wings (510)Yucca (20)Vegetables (25)Dinner Roll (240)Fruit (5) | **20** Chili Lime Fish (490)Coconut Rice (80)Vegetables (25)Dinner Roll (240)Fruit (5) | **21** Ginger Beef & Peppers (540)Brown Rice (25)Green Beans (5)Dinner Roll (240)Fruit (5) | **22** Sesame Chicken (655)Veggie Rice (85)Warm Pineapple (5)Garden Salad (35)Dinner Roll (240) | **23** Teriyaki Shrimp &Vegetables (935)Lo Mein (50)Dinner Roll (240)Fruit (5) |
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| **Cal**710 | **Carb**130 | **Na**925 |

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| **Cal**900 | **Carb**130 | **Na**970 |

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| **Cal**730 | **Carb**115 | **Na**940 |

 | **Cal**820 | **Carb**125 | **Na**1140 | **Cal**645 | **Carb**95 | **Na**1360 |
| **26****Holiday No** **Meals Served** | **27** Sweet & Sour Chicken (525)Brown Rice (25)Dinner Roll (240)Fruit (5) | **28** Pork & Mushrooms (400)Veggie Rice (85)Cabbage (105)Dinner Roll (240)Fruit (5) | **29 Cold:** Edamame (200)Noodles (200)Garden Salad (35)Dinner Roll (240)Fruit (5) | **30** Garlic Ginger Fish (415)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) |
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| **Cal**680 | **Carb**100 | **Na**805 |

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| **Cal**845 | **Carb**115 | **Na**950 |

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| **Cal**735 | **Carb**105 | **Na**910 |

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| **Cal**575 | **Carb**100 | **Na**815 |

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**To Cancel Meals please call 978-686-1422 at least 24 hours prior to service.**

**Menu Subject to Change Without Notice**

