|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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](mailto: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) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 760 | 105 | 635 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 830 | 120 | 890 | | | |
| **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 820 | 135 | 1090 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 840 | 105 | 1000 | | |  |  |  | | --- | --- | --- | | **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 | |  |  |  | | --- | --- | --- | | **Cal**  670 | **Carb**  90 | **Na**  900 | | |  |  |  | | --- | --- | --- | | **Cal**  575 | **Carb**  90 | **Na**  1390 | | |  |  |  | | --- | --- | --- | | **Cal**  595 | **Carb**  105 | **Na**  715 | | | | |  |  |  | | --- | --- | --- | | **Cal**  715 | **Carb**  105 | **Na**  700 | | | |
| **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  710 | **Carb**  130 | **Na**  925 | | | | |  |  |  | | --- | --- | --- | | **Cal**  900 | **Carb**  130 | **Na**  970 | | |  |  |  | | --- | --- | --- | | **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) | | |
| |  |  |  | | --- | --- | --- | | **Cal**  680 | **Carb**  100 | **Na**  805 | | |  |  |  | | --- | --- | --- | | **Cal**  845 | **Carb**  115 | **Na**  950 | | |  |  |  | | --- | --- | --- | | **Cal**  735 | **Carb**  105 | **Na**  910 | | | | |  |  |  | | --- | --- | --- | | **Cal**  575 | **Carb**  100 | **Na**  815 | | | |

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

**Menu Subject to Change Without Notice**

