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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, bread, beverage & margarine. Cal = Total Calories, Carb = Total Carbohydrates, Na = Total Sodium (also in parentheses)* = Substitute available for Fish

A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.**Menu Subject to Change Without Notice**Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org | **1** Chicken Piccata (430)Rice Pilaf (40)Broccoli (10)WW Bread (165) |
| Cal520 | Carb60 |  Na770 |
| **4** Hamburger (415)Sweet Potato (55) Cauliflower (20)WW Roll (250) | **5** BreadedFish (330) Corn (5)Mshd Potato(110)MG Bread (150) | **6** Garlic Lemon Chicken (420)Green Beans (5)Veggie Rice (85)LS Bread (0) | **7 Cold;** Turkey & Cheese ChefSalad (520)Bean Salad (230) Fresh Fruit (5)Pita Bread (160) | **8** Stuffed Shells& Marinara (410)Veg Blend (15)LS WW Brd (0) |
| Cal660 | Carb65 |  Na875 | Cal525 | Carb70 |  Na720 | Cal730 | Carb70 |  Na640 | Cal385 | Carb40 |  Na910 | Cal505 | Carb65 |  Na665 |
| **11** Greek Chicken\*(520) Risotto (105)LS WW Bread (0) | **12** American Chop Suey (350)Broccoli (10)Honey Wheat Roll (120) | **13 Cold:** Tuna Salad (240) 3 Bean Salad(325)Garden Salad (35)LS Bread (0) | **14** **Special:** BBQ Pork (510)Warm Peaches (5)Green Beans (5)Roll (120) | **15** Broc & Cheese Egg Bake (340)Potatoes (25) Carrots (65)Oat Bread (150) |
| Cal575 | Carb55 |  Na760 | Cal605 | Carb70 |  Na615 | Cal385 | Carb45 |  Na730 | Cal600 | Carb70 |  Na770 | Cal555 | Carb65 |  Na670 |
| **18** Smothered Pork w/Mushrooms(290)Corn (5)Cauliflower (15)Roll (120) | **19** Pasta & Meatballs (395)Veg Blend (15)Oat Bread (150) | **20** Omelet (310)Rstd Potatoes (5)Ratatouille (115)MG Bread (150)  | **21 Cold:** Chicken Salad(395)Quinoa Salad (135)Garden Salad(35)Pita Bread () | **22** Pot Roast (565)Green Beans (5)Butternut (15)WW Bread (165) |
| Cal680 | Carb65 |  Na555 | Cal610 | Carb70 |  Na800 | Cal555 | Carb55 |  Na715 | Cal615 | Carb70 |  Na855 | Cal530 | Carb60 |  Na890 |
| **25** Thai Beef & Peppers (230)Broccoli (10)Brown Rice (25)WW Bread (165) | **26** Garlic Pork (410)Mshd Potato(110)Warm Apples(10)Coleslaw (15)Oat Bread (150) | **27 Cold:**Tortellini Salad w/Peas (310)Cucumber & Tomato Salad (220)Oat Bread (150) | **28** Chicken Marsala & Mushrooms (370) Couscous (5)Green Beans (5) Roll (120) | **29** Lemon Garlic Fish (60) Corn (5)Carrots (65)MG Bread (150) |
| Cal580 | Carb65 |  Na545 | Cal930 | Carb70 |  Na810 | Cal700 | Carb70 |  Na810 | Cal535 | Carb65 |  Na630 | Cal535 | Carb50 |  Na410 |

**To Cancel Meals Please Call 978-686-1422 at Least 24 Hours Prior to Service**

A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between

50–100 calories and under 100mg of sodium, to be eaten between meals

*Brought to you by the Older Americans Act*