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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](mailto:lhartwell@agespan.org) | | | | | | | | | | | | **1** Chicken  Piccata (430)  Rice Pilaf (40)  Broccoli (10)  WW Bread (165) | | |
| Cal  520 | Carb  60 | Na  770 |
| **4** Hamburger (415)  Sweet Potato (55)  Cauliflower (20)  WW Roll (250) | | | **5** Breaded  Fish (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) | | |
| Cal  660 | Carb  65 | Na  875 | Cal  525 | Carb  70 | Na  720 | Cal  730 | Carb  70 | Na  640 | Cal  385 | Carb  40 | Na  910 | Cal  505 | Carb  65 | Na  665 |
| **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) | | |
| Cal  575 | Carb  55 | Na  760 | Cal  605 | Carb  70 | Na  615 | Cal  385 | Carb  45 | Na  730 | Cal  600 | Carb  70 | Na  770 | Cal  555 | Carb  65 | Na  670 |
| **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) | | |
| Cal  680 | Carb  65 | Na  555 | Cal  610 | Carb  70 | Na  800 | Cal  555 | Carb  55 | Na  715 | Cal  615 | Carb  70 | Na  855 | Cal  530 | Carb  60 | Na  890 |
| **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) | | |
| Cal  580 | Carb  65 | Na  545 | Cal  930 | Carb  70 | Na  810 | Cal  700 | Carb  70 | Na  810 | Cal  535 | Carb  65 | Na  630 | Cal  535 | Carb  50 | Na  410 |

**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*