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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.  **Menu Subject to Change Without Notice**  Brought to you by the Older Americans Act.  Nutrition Questions? Contact Leigh @ 978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org) | | | | | | | | | | | | **1** Honey Garlic Chicken (750)  Yellow Rice (65)  Broccoli (10)  WW Bread (165)  Pudding (190) | | |
| Cal  775 | Carb  120 | Na  1315 |
| **4** Beef Patty & Chimi Sauce (590)  Sweet Potato (55)  Cabbage Onions (20)  WW Roll (250)  Gelatin (15) | | | **5** Ginger Garlic Fish (410)  Mixed Veg (5)  White Rice (5)  Roll (260)  Cookie (60) | | | **6** Lemon Garlic Chicken (420)  Green Beans (5)  Veggie Rice (85)  MG Bread (150)  Pineapple (5) | | | **7 Cold;** Turkey & Cheese ChefSalad (520)  Bean Salad (230)  Fresh Fruit (5)  Pita Bread (160) | | | **8** Eggplant Parmesan\*(1050)  Pasta (5)  Veg Blend (15)  LS WW Brd (0)  Mandarins (10) | | |
| Cal  825 | Carb  75 | Na  1055 | Cal  595 | Carb  95 | Na  870 | Cal  805 | Carb  90 | Na  790 | Cal  460 | Carb  60 | Na  910 | Cal  715 | Carb  100 | Na  1200 |
| **11 C**hicken and Rice (520)  Red Beans (400)  MG Bread (150)  Chilled Fruit (5) | | | **12** American Chop Suey (350)  Broccoli (10)  WW Garlic  Roll (240)  Fresh Fruit (5) | | | **13 Cold:** Turkey  & Cheese (310)  3 Bean Salad(325)  Garden Salad (35)  WW Bread (330)  Pineapple (5) | | | **14** **Special:** BBQ Pork\* (510)  Corn pudding (275)  Green Beans (5)  Potato Salad (120)  Roll (250) | | | **15** Pico De Gallo Chicken (520)  Rice & Peas (176)  Carrots (65)  Dinner Roll (260)  Yogurt(75)Juice(0) | | |
| Cal  760 | Carb  100 | Na  1205 | Cal  730 | Carb  100 | Na  735 | Cal  655 | Carb  85 | Na  1130 | Cal  870 | Carb  105 | Na  1290 | Cal  720 | Carb  115 | Na  1105 |
| **18** Garlic  Pork (350)  Spanish Rice (270)  Cauliflower (15)  WW Roll (120)  Applesauce (20) | | | **19** Pasta & Meatballs (395)  Veg Blend (15)  Oat Bread (150)  Mandarins (10) | | | **20** Omelet (310)  Tky Sausage(280)  Yucca (20)  Eggplant (275)  Bread (180)  Fruit Whip (5) | | | **21 Cold:** Ham & Cheese (680)  Quinoa Salad (135)  Garden Salad(35)  MG Bread (300)  Cookie (60) | | | **22** Pot Roast (535)  Beets (140)  Rice (5)  Biscuit (280)  Fresh Fruit (5) | | |
| Cal  730 | Carb  80 | Na  1020 | Cal  710 | Carb  85 | Na  915 | Cal  1030 | Carb  120 | Na  1195 | Cal  760 | Carb  90 | Na  1345 | Cal  670 | Carb  90 | Na  1095 |
| **25** Beef  Molida (115)  Broccoli (10)  Brown Rice (25)  WW Bread (165)  Chilled Fruit (5) | | | **26** Hot Dog\*(540)  Beans (165)  Warm Apples(10)  Coleslaw (15)  Roll (250) | | | **27 Cold:** Meat Lovers Pasta Salad (615)  Cucumber & Tomato Salad (220)  Fresh Fruit (5 )  Oat Bread (150) | | | **28** **Birthday** Sofrito  Chicken (480)  Guineitos (15)  Green Beans (5)  Cake (175)  Roll (260) | | | **29** Lemon Garlic Fish (60)  Cilantro Rice (20)  Black Beans (140)  MG Bread (150)  Gelatin (15) | | |
| Cal  755 | Carb  95 | Na  450 | Cal  860 | Carb  95 | Na  1245 | Cal  830 | Carb  90 | Na  1115 | Cal  805 | Carb  110 | Na  1065 | Cal  680 | Carb  75 | Na  515 |

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