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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 | **1** Honey Garlic Chicken (750)Yellow Rice (65)Broccoli (10)WW Bread (165)Pudding (190) |
| Cal775 | Carb120 |  Na1315 |
| **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) |
| Cal825 | Carb75 |  Na1055 | Cal595 | Carb95 |  Na870 | Cal805 | Carb90 |  Na790 | Cal460 | Carb60 |  Na910 | Cal715 | Carb100 |  Na1200 |
| **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) |
| Cal760 | Carb100 |  Na1205 | Cal730 | Carb100 |  Na735 | Cal655 | Carb85 |  Na1130 | Cal870 | Carb105 |  Na1290 | Cal720 | Carb115 |  Na1105 |
| **18** GarlicPork (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) |
| Cal730 | Carb80 |  Na1020 | Cal710 | Carb85 |  Na915 | Cal1030 | Carb120 |  Na1195 | Cal760 | Carb90 |  Na1345 | Cal670 | Carb90 |  Na1095 |
| **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) |
| Cal755 | Carb95 |  Na450 | Cal860 | Carb95 |  Na1245 | Cal830 | Carb90 |  Na1115 | Cal805 | Carb110 |  Na1065 | Cal680 | Carb75 |  Na515 |

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