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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine.\*Higher sodium item (>500 mg), Shading = High sodium meal (>1200 mg).  Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses)* = Substitute available for Fish

*Brought to you by the Older Americans Act*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**Bolded items**: description on menu back | **1** Chicken Piccata (430)Rice Pilaf (40)Broccoli (10)WW Bread (165)Pudding (190) |
| Cal650 | Na960 |  Pro40 |
| **4** Hamburger (415)Sweet Potato (55) Beets (140)WW Roll (250)Gelatin (15)  | **5** BreadedFish (330) Mixed Veg (5)Mshd Potato(110)Roll (260)Cookie (60) | **6** Chicken Teriyaki\* (735)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) |
| Cal675 | Na1095 |  Pro30 | Cal675 | Na890 |  Pro25 | Cal615 | Na1005 |  Pro40 | Cal460 | Na910 |  Pro30 | Cal715 | Na1200 |  Pro30 |
| **11 Greek Chicken\*(520)** Risotto (105)MG Bread (150)Chilled Fruit (5) | **12** American Chop Suey (350)Broccoli (10)WW Garlic Roll (240)Fresh Fruit (5) | **13 Cold:** Tuna Salad (240) 3 Bean Salad(325)Garden Salad (35)WW Bread (330)Pineapple (5) | **14** **Special:** BBQ Pork\* (510)Peach Cobbler (40)Green Beans (5)Potato Salad(100) Roll (250) | **15** Broc & Cheese Egg Bake (340)Potatoes (25) Carrots (65)Fruit Loaf (170)Yogurt(75)Juice(0) |
| Cal655 | Na915 |  Pro40 | Cal730 | Na735 |  Pro40 | Cal570 | Na1060 |  Pro35 | Cal955 | Na1030 |  Pro40 | Cal815 | Na765 |  Pro25 |
| **18** Smothered Pork w/Mushrooms(290)Sweet Potatoes(30)Cauliflower (15)WW Roll (240)Applesauce (20) | **19** Pasta & Meatballs (395)Veg Blend (15)Oat Bread (150)Mandarins (10) | **20** Omelet (310)Tky Sausage(280)Rstd Potatoes (5)Ratatouille (115)Bread (180) Fruit Whip (5) | **21 Cold:** Chicken Salad(395)Quinoa Salad (135)Carrot Slaw (70)MG Bread (300)Cookie (60) | **22** Pot Roast\*(565)Beets (140)Butternut (15)Biscuit (280)Fresh Fruit (5) |
| Cal850 | Na725 |  Pro45 | Cal660 | Na805 |  Pro35 | Cal805 | Na1025 |  Pro35 | Cal930 | Na1090 |  Pro45 | Cal600 | Na1130 |  Pro35 |
| **25 Thai Beef & Peppers (230)**Broccoli (10)Brown Rice (25)WW Bread (165)Chilled Fruit (5) | **26** Hot Dog\*(540)Baked Beans(370)Warm Apples(10)Coleslaw (15)Roll (250) | **27 Cold:**Tortellini Salad w/Peas (310)Cucumber & Tomato Salad (220)Fruit (5) Oat Bread (150) | **28** **Birthday** Marry Me Chicken\*(740) Couscous (5)Green Beans (5) Cupcake (175)Roll (260) | **29** Lemon Garlic Fish (60) Corn (5)Spinach (210)MG Bread (150)Gelatin (15) |
| Cal700 | Na570 | Pro35 | Cal830 | Na1455 | Pro30 | Cal775 | Na810 | Pro30 | Cal975 | Na1310 | Pro110 | Cal635 | Na565 | Pro35 |

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



**Meal Descriptions**

**Greek Chicken**: Chicken, Spinach, Peppers, Feta Cheese & Olives

**Thai Beef & Peppers:** Ground Beef, Soy Sauce, Basil, Oyster Sauce, Garlic & Onions