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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](mailto:lhartwell@agespan.org)  **Bolded items**: description on menu back | | | | | | | | | | | | **1** Chicken  Piccata (430)  Rice Pilaf (40)  Broccoli (10)  WW Bread (165)  Pudding (190) | | |
| Cal  650 | Na  960 | Pro  40 |
| **4** Hamburger (415)  Sweet Potato (55)  Beets (140)  WW Roll (250)  Gelatin (15) | | | **5** Breaded  Fish (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) | | |
| Cal  675 | Na  1095 | Pro  30 | Cal  675 | Na  890 | Pro  25 | Cal  615 | Na  1005 | Pro  40 | Cal  460 | Na  910 | Pro  30 | Cal  715 | Na  1200 | Pro  30 |
| **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) | | |
| Cal  655 | Na  915 | Pro  40 | Cal  730 | Na  735 | Pro  40 | Cal  570 | Na  1060 | Pro  35 | Cal  955 | Na  1030 | Pro  40 | Cal  815 | Na  765 | Pro  25 |
| **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) | | |
| Cal  850 | Na  725 | Pro  45 | Cal  660 | Na  805 | Pro  35 | Cal  805 | Na  1025 | Pro  35 | Cal  930 | Na  1090 | Pro  45 | Cal  600 | Na  1130 | Pro  35 |
| **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) | | |
| Cal  700 | Na  570 | Pro  35 | Cal  830 | Na  1455 | Pro  30 | Cal  775 | Na  810 | Pro  30 | Cal  975 | Na  1310 | Pro  110 | Cal  635 | Na  565 | Pro  35 |

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

A screenshot of a computer

AI-generated content may be incorrect.

**Meal Descriptions**

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

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