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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Turkey Guisado (930)Yucca (15)Green Beans (5)LS Wheat Brd (0)Applesauce (15) | **3** Omelet (270) Trky Sausage(280)Plantains (15)Okra (45)Muffin (190)Yogurt(75), Juice  | **4** Chicken (640)Alfredo & Pasta Broccoli (10)WW Roll (240)Chilled Fruit (10) | **5** Hot Dog\*(540)Beans (165)Warm Apples (10)Slaw (115)Roll (250) | **6** Beef, Onions, & Peppers (305)Rice & Black Beans (75)Tortilla (170) Cookie (60) |
| Cal770 | Carb125 | Na1100 | Cal815 | Carb105 | Na875 | Cal810 | Carb95 | Na1035 | Cal850 | Carb90 | Na1345 | Cal595 | Carb65 | Na750 |
| **9** Beef w/Ancho Peppers & Onions (580)Mshd Potato (110)Root Veggies (35)Chilled Fruit (10) | **10** Mojo Chicken (325)Coconut Rice(80)Veg Blend (15)MG Bread (150)Cookie (60) | **11** Pork Asado(350)Yucca (20)Green Beans &Red Peppers (5)Mousse (165)Roll (120)  | **12** Pasta & Veg Marinara (215)Cauliflower (15)Oat Bread (150)Applesauce (15) | **13 Cold**: Turkey & Cheese (490)Garden Salad(35)Beet Salad (140)Vienna Brd (360)Mixed Fruit (5) |
| Cal640 | Carb85 | Na835 | Cal670 | Carb80 | Na860 | Cal790 | Carb105 | Na785 | Cal500 | Carb75 | Na635 | Cal500 | Carb75 | Na1155 |
| **16** Pastelon (375)Zucchini & (10)Summer Squash WW Bread (165) Mandarins (10) | **17** Garlic Tomato Shrimp(1015)Yucca (20)Vienna Brd (180)Fresh Fruit (5) | **18** American Chop Suey (395)Br. Sprouts (15)Garlic Roll (240)Gelatin (15) | **19 Bday:** Lemon Pepper Cken(370)Broccoli (10)Rice&Beans (75)Baked Good (175)Oat Bread (150) | **20** Sausage (420)Onion & Peppers Green Beans (5)Butternut (20)Roll (250)Applesauce (20) |
| Cal955 | Carb95 | Na690 | Cal720 | Carb115 | Na1415 | Cal725 | Carb90 | Na795 | Cal620 | Carb75 | Na910 | Cal625 | Carb75 | Na1050 |
| **23** Ground Beef & Onions (90)Corn (5)Mshed Potato(110)Biscuit (280)Mixed Fruit (10) | **24** Fish Scampi (145)Coconut Rice (80)Apple Crisp (110)Bun (250) Slaw (115) | **25** **Holiday****No Meal** | **26** Turkey Picadillo(180)Yellow Rice (65)WW Roll (240)Fresh Orange (0) | **27** Chicken Pico de Gallo (505)Rice&Peas (235)Broccoli (10)Cookie (60)Oat Bread (150) |
| Cal730 | Carb80 | Na620 | Cal1000 | Carb115 | Na820 | Cal655 | Carb85 | Na615 | Cal680 | Carb95 | Na1090 |
| **30** Tomato Garlic Meatballs (610)Brown Rice (5)Green Beans (5)Oat Bread (150)Pineapple (5) | **31** Bulgar Salad & Garbanzo Beans (205)Beets (140)Garlic Roll (240)Mandarins (5) | Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. Nutrition Questions? Please contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.org**Menu Subject to Change Without Notice** |
| Cal745 | Carb95 | Na900 | Cal510 | Carb80 | Na720 |

**To Cancel Meals please call 978-686-1422 at least 24 hours prior to service.**

A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

