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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) | | |
| Cal  770 | Carb  125 | Na  1100 | Cal  815 | Carb  105 | Na  875 | Cal  810 | Carb  95 | Na  1035 | Cal  850 | Carb  90 | Na  1345 | Cal  595 | Carb  65 | Na  750 |
| **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) | | |
| Cal  640 | Carb  85 | Na  835 | Cal  670 | Carb  80 | Na  860 | Cal  790 | Carb  105 | Na  785 | Cal  500 | Carb  75 | Na  635 | Cal  500 | Carb  75 | Na  1155 |
| **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) | | |
| Cal  955 | Carb  95 | Na  690 | Cal  720 | Carb  115 | Na  1415 | Cal  725 | Carb  90 | Na  795 | Cal  620 | Carb  75 | Na  910 | Cal  625 | Carb  75 | Na  1050 |
| **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) | | |
| Cal  730 | Carb  80 | Na  620 | Cal  1000 | Carb  115 | Na  820 | Cal  655 | Carb  85 | Na  615 | Cal  680 | Carb  95 | Na  1090 |
| **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** | | | | | | | | |
| Cal  745 | Carb  95 | Na  900 | Cal  510 | Carb  80 | Na  720 |

**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.

