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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Turkey w/Gravy\*(765)Mshd Potato (110)Green Beans (5)LS Wheat Brd (0)Applesauce (15) | **3** Omelet (270) Trky Sausage(280)Rstd Potatoes(5)Carrots (80) Muffin (190)Yogurt(75), Juice  | **4** Chicken (640)Alfredo & Pasta Broccoli (10)WW Roll (240)Chilled Fruit (10) | **5** Hot Dog\*(540)Bkd Beans (370)Warm Apples (10)Coleslaw (45)Roll (250) | **6** Beef, Onions, & Peppers (305)Rice & Black Beans (75)Tortilla (170) Cookie (60) |
| Cal595 | Carb95 | Na1025 | Cal770 | Carb100 | Na980 | Cal810 | Carb95 | Na1035 | Cal810 | Carb100 | Na1485 | Cal595 | Carb65 | Na750 |
| **9** Salisbury Steak&Mushrooms(390)Mshd Potato (110)Root Veggies (35)Chilled Fruit (10) | **10** Greek Chicken (470) Orzo (30)Veg Blend (15)MG Bread (150)Cookie (60) | **11 Special:** Ham & Apples\*(945)Mshd Potato (110)Green Beans &Red Peppers (5)Mousse (165)Roll (120)  | **12** Stuffed Shells  &Marinara (480)Cauliflower (15)Oat Bread (150)Applesauce (15) | **13 Cold**: Tuna Salad (240) Garden Salad(35)Bean Salad (335)Vienna Brd (360)Mixed Fruit (5) |
| Cal640 | Carb85 | Na835 | Cal670 | Carb80 | Na860 | Cal695 | Carb90 | Na1475 | Cal595 | Carb80 | Na990 | Cal645 | Carb85 | Na1100 |
| **16** Lasagna Alfredo\* (540) Zucchini & (10)Summer Squash WW Bread (165) Mandarins (10) | **17** Turkey Pot Pie (415)Mshd Potato (110)Vienna Brd (180)Fresh Fruit (5)Cranberries (0) | **18** American Chop Suey (395)Br. Sprouts (15)Garlic Roll (240)Gelatin (15) | **19 Bday:** Lemon Pepper Cken(370)Broccoli (10)Rice Pilaf (40)Baked Good(175)Oat B+read (150) | **20** Sausage (420)Onion & Peppers Green Beans (5)Butternut (20)Roll (250)Applesauce (20) |
| Cal730 | Carb90 | Na975 | Cal740 | Carb115 | Na835 | Cal725 | Carb90 | Na795 | Cal625 | Carb75 | Na875 | Cal625 | Carb75 | Na1050 |
| **23** DeconstructedSheppard’s Pie (320)Biscuit (280)Mixed Fruit (10) | **24** Breaded Fish (270) Sweet Potato (25)Apple Crisp(110)Bun (250) Slaw (115) | **25** **Holiday****No Meal** | **26** Turkey Tetrazzini (220)Carrots (65)WW Roll (240)Fresh Orange (0) | **27** Apricot Chicken (325)Rice Pilaf (40)Broccoli (10)Cookie (60)Oat Bread (150) |
| Cal745 | Carb85 | Na740 | Cal1000 | Carb115 | Na1155 | Cal655 | Carb85 | Na660 | Cal595 | Carb75 | Na715 |
| **30** Swedish Meatballs (255)Brown Rice (5)Green Beans (5)Oat Bread (150)Pineapple (5) | **31** Ravioli &Creamy Tomato Sauce\* (585) Zucchini Mix (10)Garlic Roll (240)Mandarins (5) | Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. \*High sodium item (>500mg), Shading = High sodium meal (>1200mg)Nutrition Questions? Please contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.orgfish_-_cartoon_01[1]= Alternate for fish available**Menu Subject to Change Without Notice** |
| Cal660 | Carb85 | Na545 | Cal620 | Carb90 | Na1080 |

**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.

