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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) | | |
| Cal  595 | Carb  95 | Na  1025 | Cal  770 | Carb  100 | Na  980 | Cal  810 | Carb  95 | Na  1035 | Cal  810 | Carb  100 | Na  1485 | Cal  595 | Carb  65 | Na  750 |
| **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) | | |
| Cal  640 | Carb  85 | Na  835 | Cal  670 | Carb  80 | Na  860 | Cal  695 | Carb  90 | Na  1475 | Cal  595 | Carb  80 | Na  990 | Cal  645 | Carb  85 | Na  1100 |
| **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) | | |
| Cal  730 | Carb  90 | Na  975 | Cal  740 | Carb  115 | Na  835 | Cal  725 | Carb  90 | Na  795 | Cal  625 | Carb  75 | Na  875 | Cal  625 | Carb  75 | Na  1050 |
| **23** Deconstructed  Sheppard’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) | | |
| Cal  745 | Carb  85 | Na  740 | Cal  1000 | Carb  115 | Na  1155 | Cal  655 | Carb  85 | Na  660 | Cal  595 | Carb  75 | Na  715 |
| **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.org  fish_-_cartoon_01[1]= Alternate for fish available  **Menu Subject to Change Without Notice** | | | | | | | | |
| Cal  660 | Carb  85 | Na  545 | Cal  620 | Carb  90 | Na  1080 |

**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.

