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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Turkey Burger w/Gravy (480)Corn (5)Green Beans (5)Burger Bun (260)Applesauce (15) | **3** Omelet (270) Trky Sausage(280)Peas (60)Carrots (80) Muffin (190)Peaches (5) | **4** Chicken (640)Alfredo & Pasta Broccoli (10)LS Bread (0)Chilled Fruit (10) | **5** Dijon Pork (420)Carrots (70)Warm Apples (10)Coleslaw (45)Oat Bread (150) | **6** Beef, Onions, & Peppers (305)White Rice (5)Tortilla (170) Grahams (10) |
| K1020 | Phos330 | Na755 | K990 | Phos420 | Na890 | K725 | Phos475 | Na660 | K950 | Phos250 | Na700 | K710 | Phos300 | Na500 |
| **9** Salisbury Steak&Mushrooms(390)Rice (5)Root Veggies (35)Chilled Fruit (10)D.Roll (260) | **10** Garlic & Herb Chicken (350)Orzo (30)Veg Blend (15)MG Bread (150)Lorna Doones (100) | **11** Pork (285)& Apples Corn (5)Green Beans &Red Peppers (5)Yogurt (75)Roll (260)  | **12** Stuffed Shells  & Red Pepper Sauce (415)Cauliflower (15)Oat Bread (150)Applesauce (15) | **13 Cold**: Tuna Salad (240) Garden Salad(35)QuinoaVienna Brd (360)Mixed Fruit (5) |
| K810 | Phos240 | Na710 | K670 | Phos280 | Na655 | K890 | Phos470 | Na630 | K640 | Phos200 | Na600 | K710 | Phos205 | Na675 |
| **16** Lasagna Alfredo\* (540) Zucchini & (10)Summer Squash D.Roll (260)Mandarins (10) | **17** Turkey & Vegetables (365)Corn (5)Vienna Brd (180)Fresh Fruit (5) | **18** Creamy GarlicBeef Pasta (480)Peas (60)Garlic Roll (240)Fruit (5) | **19 Bday:** Lemon Pepper Cken(370)Broccoli (10)Rice Pilaf (40)Lorna Doones (100)Oat Bread (150) | **20** Pork (280)Onion & Peppers Green Beans (5)Butternut (20)Roll (260)Applesauce (20) |
| K780 | Phos520 | Na825 | K880 | Phos290 | Na555 | K980 | Phos520 | Na790 | K745 | Phos340 | Na670 | K1070 | Phos230 | Na590 |
| **23** Ground Beef & Gravy (205)Corn (5)Carrots (70)D.Roll (260)Mixed Fruit (10) | **24** Breaded Fish (270) Peas (60)Apples (10)Bun (250) Slaw (115) | **25** **Holiday****No Meal** | **26** Turkey Tetrazzini (220)Carrots (65)D.Roll (260)Fresh Fruit (5) | **27** Apricot Chicken (325)Rice Pilaf (25)Broccoli (10)Grahams (75)Oat Bread (150) |
| K1020 | Phos270 | Na550 | K835 | Phos315 | Na900 | K870 | Phos295 | Na555 | K820 | Phos325 | Na630 |
| **30** Swedish Meatballs (255)Brown Rice (5)Green Beans (5)Oat Bread (150)Pineapple (5) | **31** Ravioli & Sage Butter (485)Zucchini Mix (10)Garlic Roll (240)Mandarins (5) | Potassium (K), Sodium (Na) & Phosphorus (Phos) include: Entrée, sides, dessert or fruit, bread, margarine, and juice. Sodium (Na): Milligrams in parentheses**Nutrition Questions?** Contact Leigh Hartwell @ lhartwell@agespan.org or 978-651-3023**Menu Subject to Change Without Notice** |
| K1025 | Phos255 | Na420 | K830 | Phos315 | Na750 |

**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.

