|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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) | | |
| K  1020 | Phos  330 | Na  755 | K  990 | Phos  420 | Na  890 | K  725 | Phos  475 | Na  660 | K  950 | Phos  250 | Na  700 | K  710 | Phos  300 | Na  500 |
| **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)  Quinoa  Vienna Brd (360)  Mixed Fruit (5) | | |
| K  810 | Phos  240 | Na  710 | K  670 | Phos  280 | Na  655 | K  890 | Phos  470 | Na  630 | K  640 | Phos  200 | Na  600 | K  710 | Phos  205 | Na  675 |
| **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) | | |
| K  780 | Phos  520 | Na  825 | K  880 | Phos  290 | Na  555 | K  980 | Phos  520 | Na  790 | K  745 | Phos  340 | Na  670 | K  1070 | Phos  230 | Na  590 |
| **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) | | |
| K  1020 | Phos  270 | Na  550 | K  835 | Phos  315 | Na  900 | K  870 | Phos  295 | Na  555 | K  820 | Phos  325 | Na  630 |
| **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](mailto:lhartwell@agespan.org) or 978-651-3023  **Menu Subject to Change Without Notice** | | | | | | | | |
| K  1025 | Phos  255 | Na  420 | K  830 | Phos  315 | Na  750 |

**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.

