|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| **3** Chicken & (550)  Sausage Gumbo  White Rice (5)  Oat Bread (150) | | | **4** Pot Roast w/Gravy (550)  Carrots (65)  Mshd Potato (110)  WW Bread (165) | | | **5** Tuna Noodle  Casserole with Peas (200) fish_-_cartoon_01[1]  Capri Veg (15)  WW Roll (120) | | | **6** Turkey&White Bean Chili (435)  Green Beans (5)  MG Bread (150) | | | **7** Broccoli (340)  Cheese Egg Bake  Potatoes (5)  Beets (140)  WW Bread (165)  Juice (0) | | |
| Cal  590 | Carb  60 | Na  840 | Cal  550 | Carb  60 | Na  650 | Cal  530 | Carb  70 | Na  470 | Cal  430 | Carb  50 | Na  735 | Cal  595 | Carb  70 | Na  735 |
| **10** Beef Burgundy w/Mushrooms(105)  Mshd Potato (110)  Broccoli (10)  MG Bread (150) | | | **11** Dijon  Pork (420)  Apples (5)  Corn (5)  Roll (250) | | | **12 Cold:** Chicken **&** Cranberry Salad (340)  Garden Salad(35)  Butternut (10)  Pita Bread (160) | | | **13 Special:**  Chicken Scampi w/Pasta (445)  Capri Veg (15)  Garlic Roll (240) | | | **14** Pasta Fagioli w/Beans (430)  Cauliflower (15)  No Bread | | |
| Cal  510 | Carb  55 | Na  505 | Cal  710 | Carb  70 | Na  685 | Cal  490 | Carb  60 | Na  675 | Cal  590 | Carb  70 | Na  830 | Cal  490 | Carb  70 | Na  680 |
| **17**  **No Meals Served**  **President’s Day** | | | **18** Turkey A la King (565)  w/mushrooms  Risotto (110)  Green Beans (5)  LS Bread (0) | | | **19** Lemon Thyme Chicken (440)  Swt Potatoes (55)  Broccoli (10)  Oat Bread (150) | | | **20** Guinness Beef Stew (385)  Mshd Potato (110)  WW Roll (120) | | | **21** Lasagna  w/Marinara (510)  Zucchini (5)  MG Bread (150) | | |
| Cal  700 | Carb  70 | Na  800 | Cal  585 | Carb  65 | Na  785 | Cal  615 | Carb  65 | Na  745 | Cal  590 | Carb  85 | Na  805 |
| **24** Turkey (480)  Burger & Gravy  Mshed Potato (110)  Green Beans (5)  LS WW Bread (0) | | | **25** Omelet (310)  Trky Sausage(280)  Potatoes (5)  Honey Carrot(80)  Oat Bread (150)  Juice (0) | | | **26** American Chop Suey (350)  Zucchini (5)  WW Roll (120) | | | **27** Chicken Supreme (380)  Butternut(15)  Beets (140)  MG Bread (150) | | | fish_-_cartoon_01[1]**28** Breaded Fish (330)  Mixed Veg (20)  Warm Fruit (5)  WW Bread (165) | | |
| Cal  535 | Carb  55 | Na  725 | Cal  605 | Carb  70 | Na  830 | Cal  590 | Carb  70 | Na  605 | Cal  470 | Carb  55 | Na  810 | Cal  510 | Carb  65 | Na  645 |
| Totals include entrée, sides, bread, milk & margarine.  **Na** = Total Sodium (also in parentheses next to each item)  *A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between*  *50–100 calories and under 100mg of sodium, to be eaten between meal*  Nutrition Questions? Contact Leigh @ 978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org)  fish_-_cartoon_01[1]= Alternate for fish available. **Menu Subject to Change Without Notice**  **To Cancel Meals Please Call 978-686-1422 at least 24 Hours Before Service**  A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly. | | | | | | | | | | | | | | |

