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| **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 NoodleCasserole 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) |
| Cal590 | Carb60 | Na840 | Cal550 | Carb60 | Na650 | Cal530 | Carb70 | Na470 | Cal430 | Carb50 | Na735 | Cal595 | Carb70 | Na735 |
| **10** Beef Burgundy w/Mushrooms(105)Mshd Potato (110)Broccoli (10)MG Bread (150) | **11** DijonPork (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 |
| Cal510 | Carb55 | Na505 | Cal710 | Carb70 | Na685 | Cal490 | Carb60 | Na675 | Cal590 | Carb70 | Na830 | Cal490 | Carb70 | Na680 |
| **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) |
| Cal700 | Carb70 | Na800 | Cal585 | Carb65 | Na785 | Cal615 | Carb65 | Na745 | Cal590 | Carb85 | Na805 |
| **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) |
| Cal535 | Carb55 | Na725 | Cal605 | Carb70 | Na830 | Cal590 | Carb70 | Na605 | Cal470 | Carb55 | Na810 | Cal510 | Carb65 | Na645 |
| 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 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. |

