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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** Chicken & Rice (520)Corn (5)Biscuit (280)Cookie (60) | **4** Citrus & Herb Beef(410)Carrots (65)Mashed Potato (110)WW Bread (165)Fruit (5) | **5** Garlic Shrimp (325)Coconut Rice(80)Capri Veg (15)WW Roll (240)Mandarins (5) | **6** Turkey (180)Picadillo & Brown Rice (25)Green Beans (5)MG Bread (150) Applesauce (15) | **7** Broccoli (340)Cheese Egg Bake Yucca (20)Beets (140)Muffin (170)Yogurt (75)Juice (0) |
| Cal800 | Carb100 | Na990 | Cal650 | Carb90 | Na890 | Cal875 | Carb95 | Na800 | Cal620 | Carb80 | Na500 | Cal885 | Carb135 | Na745 |
| **10** Beef, Peppers, Onions & (305)Mushrooms Mshd Potato (110)Broccoli (20)MG Bread (150)Mixed Fruit (5) | **11** Hot Dog\*(540) Beans (165)Pears (5)Coleslaw (15)Roll (250) | **12 Cold:** Turkey & Cheese (700) Garden Salad(35)Butternut (10)WW Bread (330)Fresh Fruit (0) | **13 Special:**Chicken Scampi w/Pasta (445)Capri Veg (15)Chocolate Berry Mousse (165)Garlic Roll (240) | **14** Stewed Pigeon Peas & Rice (665)Cauliflower (15)Oat Bread (150)Cookie (230) |
| Cal560 | Carb75 | Na770 | Cal870 | Carb100 | Na1340 | Cal615 | Carb85 | Na1200 | Cal790 | Carb90 | Na1105 | Cal945 | Carb140 | Na1190 |
| **17****No Meals Served****President’s Day** | **18** Tomato (610) Garlic MeatballsWW Pasta (5)Green Beans (5)MG Bread (150)Pineapple (5) | **19** Honey Garlic Chicken (750)Swt Potatoes (55)Broccoli (10)LS Bread (0)Pudding (160) | **20 Birthday**Beef Stew (400)White Rice (5)Biscuit (280) Cupcake (175) | **21** Eggplant Parmesan\*(1050)Pasta (5)Zucchini (5)WW Roll (240)Mandarins (5) |
| Cal730 | Carb90 | Na610 | Cal750 | Carb110 | Na1010 | Cal755 | Carb95 | Na990 | Cal785 | Carb110 | Na1430 |
| **24** Turkey Guisado (935)Mshed Yucca (15)Green Beans (5)LS WW Bread (0)Applesauce (15) | **25** Omelet (310)Trky Sausage(280)Plantains (15)Okra (45)Muffin (190)Yogurt (75)Juice (0) | **26** Pasta & Meat Sauce (395)Zucchini (5)WW Roll (240)Mandarins (5) | **27** Cken Cordon Bleu \*(510)Butternut(15)Beets (140)MG Bread (150)Fresh Orange (0) | **28** Cilantro & Lime Fish (150)Coconut Rice & Beans (110)Fruit Crisp (105)Roll (260)Garden Salad(35) |
| Cal675 | Carb100 | Na1100 | Cal860 | Carb110 | Na1000 | Cal735 | Carb95 | Na775 | Cal610 | Carb80 | Na945 | Cal865 | Carb105 | Na790 |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine.**Na** = Total Sodium (also in parentheses)Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org  **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. |

