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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) | | |
| Cal  800 | Carb  100 | Na  990 | Cal  650 | Carb  90 | Na  890 | Cal  875 | Carb  95 | Na  800 | Cal  620 | Carb  80 | Na  500 | Cal  885 | Carb  135 | Na  745 |
| **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) | | |
| Cal  560 | Carb  75 | Na  770 | Cal  870 | Carb  100 | Na  1340 | Cal  615 | Carb  85 | Na  1200 | Cal  790 | Carb  90 | Na  1105 | Cal  945 | Carb  140 | Na  1190 |
| **17**  **No Meals Served**  **President’s Day** | | | **18** Tomato (610) Garlic Meatballs  WW 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) | | |
| Cal  730 | Carb  90 | Na  610 | Cal  750 | Carb  110 | Na  1010 | Cal  755 | Carb  95 | Na  990 | Cal  785 | Carb  110 | Na  1430 |
| **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) | | |
| Cal  675 | Carb  100 | Na  1100 | Cal  860 | Carb  110 | Na  1000 | Cal  735 | Carb  95 | Na  775 | Cal  610 | Carb  80 | Na  945 | Cal  865 | Carb  105 | Na  790 |
| 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](mailto: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. | | | | | | | | | | | | | | |

