|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** Chicken & (550)Sausage Gumbo White Rice (5)Biscuit (280)Cookie (60) | **4** Pot Roast w/Gravy (550)Carrots (65)Mshd Potato (110)WW Bread (165)Fruit (5) | **5** Tuna NoodleCasserole with Peas (230) fish_-_cartoon_01[1]Capri Veg (15)WW Roll (240)Mandarins (5) | **6** Turkey&White Bean Chili (450)Green Beans (5)MG Bread (150) Applesauce (15) | **7** Broccoli (340)Cheese Egg Bake Potatoes (5)Beets (140)Muffin (170)Yogurt (75)Juice (0) |
| Cal715 | Pro40 | Na1025 | Cal630 | Pro35 | Na1025 | Cal695 | Pro35 | Na625 | Cal480 | Pro35 | Na750 | Cal835 | Pro25 | Na815 |
| **10** Beef Burgundy w/Mushrooms(105)Mshd Potato (110)Broccoli (20)MG Bread (150)Mixed Fruit (5) | **11** Hot Dog\*(540) Bakd Beans (370)Apples (10)Slaw (15)Roll (250) | **12 Cold:** Turkey & Cranberry Salad\* (570)Garden Salad(35)Butternut (10)Pita Bread (160)Fresh Fruit (0) | **13 Special:**Chicken Scampi w/Pasta (445)Capri Veg (15)Chocolate Berry Mousse (165)Garlic Roll (240) | **14** Pasta Fagioli w/Beans (430)Cauliflower (15)Oat Bread (150)Cookie (230) |
| Cal560 | Pro40 | Na525 | Cal830 | Pro30 | Na1455 | Cal445 | Pro30 | Na910 | Cal790 | Pro45 | Na1105 | Cal910 | Pro35 | Na1060 |
| **17****No Meals Served****President’s Day** | **18** Turkey A la King (565)w/mushrooms Risotto (110)Corn (5)MG Bread (150)Pineapple (5) | **19** Citrus Fennel Chicken\*(730)Swt Potatoes (55)Broccoli (10)LS Bread (0)Pudding (160) | **20 Birthday**Guinness Beef Stew (385)Mshd Potato (110)Biscuit (280) Cupcake (175) | **21** Eggplant Parmesan\*(1050)Pasta (5)Zucchini (5)WW Roll (240)Mandarins (5) |
| Cal810 | Pro40 | Na955 | Cal820 | Pro40 | Na1085 | Cal755 | Pro35 | Na1080 | Cal785 | Pro25 | Na1430 |
| **24** Turkey & Gravy\*(765)Mshed Potato (110)Green Beans (5)LS WW Bread (0)Applesauce (15) | **25** Omelet (310)Trky Sausage(280)Potatoes (5)Honey Carrot(80)Muffin (190)Yogurt (75)Juice (0) | **26** American Chop Suey (395)Zucchini (5)WW Roll (240)Mandarins (5) | **27** Cken Cordon Bleu \*(510)Butternut(15)Beets (140)MG Bread (150)Fresh Orange (0) | fish_-_cartoon_01[1]**28** Breaded Fish (330) Mixed Veg (20)Fruit Crisp (105)Burger Bun (250)Garden Salad(15) |
| Cal500 | Pro35 | Na1025 | Cal790 | Pro30 | Na1025 | Cal735 | Pro40 | Na775 | Cal610 | Pro40 | Na945 | Cal690 | Pro30 | Na865 |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine. \*High sodium item (>500mg), Shading = High sodium meal (>1200mg). 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****Cal** = Total Calories, **Pro** = Total Protein, **Na** = Total Sodium (also in parentheses)**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. |