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| **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 Noodle  Casserole 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) | | |
| Cal  715 | Pro  40 | Na  1025 | Cal  630 | Pro  35 | Na  1025 | Cal  695 | Pro  35 | Na  625 | Cal  480 | Pro  35 | Na  750 | Cal  835 | Pro  25 | Na  815 |
| **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) | | |
| Cal  560 | Pro  40 | Na  525 | Cal  830 | Pro  30 | Na  1455 | Cal  445 | Pro  30 | Na  910 | Cal  790 | Pro  45 | Na  1105 | Cal  910 | Pro  35 | Na  1060 |
| **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) | | |
| Cal  810 | Pro  40 | Na  955 | Cal  820 | Pro  40 | Na  1085 | Cal  755 | Pro  35 | Na  1080 | Cal  785 | Pro  25 | Na  1430 |
| **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) | | |
| Cal  500 | Pro  35 | Na  1025 | Cal  790 | Pro  30 | Na  1025 | Cal  735 | Pro  40 | Na  775 | Cal  610 | Pro  40 | Na  945 | Cal  690 | Pro  30 | Na  865 |
| 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](mailto: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. | | | | | | | | | | | | | | |