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| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| **3** Garlic & Herb Chicken (350)  Vegetable  Rice (170)  Oat Bread (150)  Grahams (70) | | | **4** Pot Roast w/Gravy (550)  Carrots (65)  Quinoa (5)  Dinner Roll (260)  Fruit (5) | | | **5** Tuna Noodle  Casserole with Peas (200)  Capri Veg (15)  WW Roll (120)  Mandarins (0) | | | **6** Turkey &  Rice (205)  Green Beans (5)  MG Bread (150)  Applesauce (15) | | | **7** Broccoli Egg & Cheese (340)  Corn (5)  Beets (140)  D.Roll  Yogurt | | |
| K  880 | Phos  320 | Na  745 | K  1055 | Phos  400 | Na  895 | K  730 | Phos  340 | Na  520 | K  825 | Phos  295 | Na  385 | K  840 | Phos  475 | Na  820 |
| **10** Beef Burgundy w/Mushrooms(105)  Rice (25)  Broccoli (10)  Dinner Roll (260)  Mixed Fruit (10) | | | **11** Dijon  Pork (420)  Apples (5)  Corn (5)  Coleslaw (15)  Bread (150) | | | **12 Cold:**ChickenSalad (395)  Garden Salad(35)  Butternut (10)  Pita Bread (160)  Fresh Fruit (5) | | | **13 Special:**  Chicken Scampi w/Pasta (445)  Capri Veg (15)  Garlic Roll (240)  Yogurt (75) | | | **14** Vegetable Fried Rice (505)  Vegetables (25)  Oat Bread (150)  Cookies (100) | | |
| K  700 | Phos  380 | Na  425 | K  970 | Phos  285 | Na  740 | K  845 | Phos  295 | Na  605 | K  780 | Phos  460 | Na  780 | K  590 | Phos  250 | Na  780 |
| **17**  **No Meals Served**  **President’s Day** | | | **18** Turkey A la King (565)  w/mushrooms  Risotto (110)  Green Beans (5)  LS Bread (0)  Pineapple (5) | | | **19** Chicken (440)  Lemon & Thyme  Corn (5)  Broccoli (10)  Oat Bread (150) | | | **20 Birthday**  Guinness Beef Stew (385)  Rice (5)  WW Roll (240)  Grahams (70) | | | **21** Lasagna  w/Red Pepper Sauce (440)  Zucchini (5)  MG Bread (150)  Mandarins (5) | | |
| K  1060 | Phos  440 | Na  680 | K  840 | Phos  465 | Na  580 | K  775 | Phos  290 | Na  705 | K  960 | Phos  415 | Na  605 |
| **24** Turkey (360)  Burger & Gravy  Corn (5)  Green Beans (5)  Burger Bun (250)  Applesauce (15) | | | **25** Omelet (310)  Sausage (280)  Peas (60)  Honey Carrot(80)  Oat Bread (150)  Juice (0)  Yogurt (75) | | | **26** Beef&Pepper Pasta (165)  Zucchini (5)  WW Roll (120)  Mandarins (5) | | | **27** Chicken Supreme (435)  Butternut(15)  Beets (140)  MG Bread (150)  Fresh Fruit (5) | | | **28** Breaded  Fish (330)  Mixed Veg (20)  Warm Fruit (5)  Roll (250)  Salad (35) | | |
| K  1080 | Phos  330 | Na  750 | K  960 | Phos  570 | Na  940 | K  1040 | Phos  295 | Na  300 | K  990 | Phos  265 | Na  745 | K  820 | Phos  290 | Na  640 |
| Nutrition Questions? Contact Leigh @ 978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org)  **Menu Subject to Change Without Notice**  **Na** = Total Sodium (also in parentheses next to each item  Potassium (K), Sodium (Na) & Phosphorus (Phos) include:  Entrée, sides, dessert or fruit, bread, margarine, and juice.  **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. | | | | | | | | | | | | | | |