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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 NoodleCasserole 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.RollYogurt  |
| K880 | Phos320 | Na745 | K1055 | Phos400 | Na895 | K730 | Phos340 | Na520 | K825 | Phos295 | Na385 | K840 | Phos475 | Na820 |
| **10** Beef Burgundy w/Mushrooms(105)Rice (25)Broccoli (10)Dinner Roll (260)Mixed Fruit (10) | **11** DijonPork (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) |
| K700 | Phos380 | Na425 | K970 | Phos285 | Na740 | K845 | Phos295 | Na605 | K780 | Phos460 | Na780 | K590 | Phos250 | Na780 |
| **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 & ThymeCorn (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) |
| K1060 | Phos440 | Na680 | K840 | Phos465 | Na580 | K775 | Phos290 | Na705 | K960 | Phos415 | Na605 |
| **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) |
| K1080 | Phos330 | Na750 | K960 | Phos570 | Na940 | K1040 | Phos295 | Na300 | K990 | Phos265 | Na745 | K820 | Phos290 | Na640 |
| Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org**Menu Subject to Change Without Notice****Na** = Total Sodium (also in parentheses next to each itemPotassium (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. |