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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine.Sodium (Na): Milligrams in parenthesis.Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org | **1****Holiday****No meals served** | **2** Vegetable Fried Rice (505)Vegetables (25)Dinner Roll (240)Fruit (5) | **3** Pork Cake w/ Mushrooms (365)Veg Rice (85)Bok Choy (80)Dinner Roll (240)Fruit (5) |
| **Cal**705 | **Carb**90 | **Na**900 | **Cal**835 | **Carb**100 | **Na**905 |
| **6** Ginger Beef w/Snap Peas (770)Rice (5)Dinner Roll (240)Fruit (5) | **7** Ground Turkey w/Mushrooms(715)Sweet Potato (55)Vegetables (25)Dinner Roll (240)Fruit (5) | **8** Ginger Chicken (555)Lo Mein (50)Broccoli (15)Dinner Roll (240)Fruit (5) | **9** Honey Garlic Pork (710)Brown Rice (25)Vegetables (25)Dinner Roll (240)Fruit (5) | **10** Coconut Curry Shrimp (595)Cilantro Rice (20)Dinner Roll (240)Fruit (5) |
| **Cal**710 | **Carb**105 | **Na**1150 | **Cal**775 | **Carb**105 | **Na**1165 | **Cal**690 | **Carb**100 | **Na**990 | **Cal**945 | **Carb**125 | **Na**1130 | **Cal**605 | **Carb**65 | **Na**750 |
| **13** Garlic Chicken Wings (520)Yucca (20)Green Beans (5)Dinner Roll (240)Fruit (5) | **14** Tofu & Tomatoes (510)Rice (5)Green Beans (5)Dinner Roll (240)Fruit (5) | **15** Teriyaki Chicken (640)Veg Lo Mein (135)Vegetables (25)Dinner Roll (240)Fruit (5) | **16** Basil Beef w/Peppers (640)Brown Rice (25)Dinner Roll (240)Fruit (5) | **17** Chili & Lime Fish (400)Coconut Rice (80)Pineapple (5)Garden Salad (35)Dinner Roll (240) |
| **Cal**755 | **Carb**115 | **Na**910 | **Cal**765 | **Carb**105 | **Na**890 | **Cal**705 | **Carb**100 | **Na**1170 | **Cal**840 | **Carb**100 | **Na**1145 | **Cal**905 | **Carb**125 | **Na**940 |
| **20****Holiday****No meals served** | **21** Sweet & Sour Pork (335)Veg Rice (85)Green Beans (5)Dinner Roll (240)Pineapple (5) | **22** Garlic Ginger Fish (415)Fried Rice (155)Vegetables (25)Dinner Roll (240)Fruit (5) | **23** Sesame Chicken (655) Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) | **24** Tofu Pad Thai (500)Vegetables (25)Dinner Roll (240)Fruit (5) |
| **Cal**795 | **Carb**110 | **Na**790 | **Cal**635 | **Carb**95 | **Na**965 | **Cal**840 | **Carb**125 | **Na**1055 | **Cal**865 | **Carb**120 | **Na**895 |
| **27** Kung Poa Chicken (530)Rice (5)Vegetables (25)Dinner Roll (240)Fruit (5) | **28** Hoisin Meatballs (475)Brown Rice (25)Vegetables (25)Dinner Roll (240)Fruit (5) | **29** Chicken Dumplings (235)Veg Rice (85)Vegetables (25)Dinner Roll (240)Fruit (5) | **30** BBQ Pork (765) Sweet Potato (55)Pineapple (5)Garden Salad (35)Dinner Roll (240) | **31** Shrimp & Veg Stir Fry (935)Lo Mein (50)Dinner Roll (240)Fruit (5) |
| **Cal**685 | **Carb**100 | **Na**935 | **Cal**795 | **Carb**110 | **Na**895 | **Cal**630 | **Carb**105 | **Na**715 | **Cal**885 | **Carb**110 | **Na**1220 | **Cal**680 | **Carb**95 | **Na**1360 |

**To Cancel Meals Please Call 978-686-1422 at least 24 Hours Before Service**

**Menu Subject to Change Without Notice**

A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

