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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.

