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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis.Nutrition Questions? Contact Leigh @fish_-_cartoon_01[1]978-651-3023 or lhartwell@agespan.org= Alternate for fish available | **1** **New Year’s Day****No Meals Served** | **2** Pasta Fagioli w/Beans (430)Cauliflower (15)No Bread  | **3** Dijon Pork (420)Warm Pears (5)Corn (5)WW Bread (165) |
| Cal490 | Carb70 | Na680 | Cal665 | Carb70 | Na720 |
| **6** Beef Stew (385)Mshd Potato(110)Vienna Brd (180) | **7** Turkey A la King\*(565)Swt Potato (55)Green Beans (5)MG Bread (150) | **8** Balsamic Chicken (335)Risotto (105)Capri Veg (15)Oat Bread (150) | **9** Honey Garlic Pork (285)Brown Rice (5)Br. Sprouts (15)WW Bread (165) | **10** Lasagna &Marinara (510)Zucchini (5) LS Bread (0)  |
| Cal635 | Carb70 | Na805 | Cal645 | Carb70 | Na900 | Cal595 | Carb70 | Na740 | Cal700 | Carb70 | Na605 | Cal510 | Carb65 | Na645 |
| **13** Turkey Burger& Gravy (480)Mshd Potato(110) Green Beans (5)WW Bread (165) | **14** Omelet (310) Trky Sausage (280)Rstd Potatoes (5)Carrots (80)Oat Bread (150) | **15** Orange Chicken (410)Veg Blend (25)Lo Mein (135)MG Bread (150) | **16** American Chop Suey (395)Zucchini (5)Dinner Roll (120) | *fish_-_cartoon_01[1]***17** Breaded Fish (330) Mixed Veg (20)Berries (5)WW Bread (165) |
| Cal535 | Carb55 | Na725 | Cal605 | Carb70 | Na830 | Cal585 | Carb70 | Na850 | Cal590 | Carb70 | Na605 | Cal470 | Carb65 | Na645 |
| **20** **MLK Day****No Meals Served** | **21** Sweet & Sour Pork (250)Green Beans (5)Veg Rice (85)Dinner Roll (120) | **22** Meatloafw/Gravy (335)Mshd Potato (110)Peas (35)Oat Bread (150) | **23** Marry Me Chicken (635)Quinoa (5)Capri Veg (15)LS Bread (0) | **24** Lemon Basil Ravioli (190)Spinach (145)MG Bread (150) |
| Cal680 | Carb65 | Na660 | Cal645 | Carb70 | Na765 | Cal700 | Carb60 | Na785 | Cal785 | Carb65 | Na615 |
| **27** Chicken (345)Peppers & Onions Zucchini (5)Black Beans (140)Tortilla (170) | **28** Meatballs w**/**Marinara (390) Corn (5)Broccoli (10)MG Bread (150) | **29** Salisbury (395) Steak&Mushroom Mshd Potato (110) Beets (140)LS Bread (0) | **30** Apricot Pork (290)Sweet Potato (25) Apples (10)LS Bread (0) | **31** Lentil Stew (240)Cauliflower (15)Oat Bread (150) |
| Cal470 | Carb55 | Na790 | Cal540 | Carb60 | Na680 | Cal510 | Carb60 | Na770 | Cal650 | Carb70 | Na455 | Cal460 | Carb70 | Na520 |

**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.

*A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between*

*50–100 calories and under 100mg of sodium, to be eaten between meals*

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