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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) | | | | |
| Cal  490 | | Carb  70 | | Na  680 | Cal  665 | | Carb  70 | Na  720 | |
| **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) | | | | |
| Cal  635 | Carb  70 | Na  805 | Cal  645 | Carb  70 | Na  900 | Cal  595 | Carb  70 | Na  740 | Cal  700 | Carb  70 | | Na  605 | | Cal  510 | Carb  65 | | | Na  645 |
| **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) | | | | |
| Cal  535 | Carb  55 | Na  725 | Cal  605 | Carb  70 | Na  830 | Cal  585 | Carb  70 | Na  850 | Cal  590 | Carb  70 | | Na  605 | | Cal  470 | Carb  65 | | | Na  645 |
| **20**  **MLK Day**  **No Meals Served** | | | **21** Sweet & Sour Pork (250)  Green Beans (5)  Veg Rice (85)  Dinner Roll (120) | | | **22** Meatloaf  w/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) | | | | |
| Cal  680 | Carb  65 | Na  660 | Cal  645 | Carb  70 | Na  765 | Cal  700 | Carb  60 | | Na  785 | | Cal  785 | Carb  65 | | | Na  615 |
| **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) | | | | |
| Cal  470 | Carb  55 | Na  790 | Cal  540 | Carb  60 | Na  680 | Cal  510 | Carb  60 | Na  770 | Cal  650 | Carb  70 | | Na  455 | | Cal  460 | Carb  70 | | | Na  520 |

**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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