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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**  **New Year’s Day**  **No Meals Served** | | | **2** Fried Rice w/Chicken (710)  Cauliflower (15)  Oat Bread (150)  Cookie (230) | | | | | **3** Hot Dog (540)  Beans (165)  Warm Pears (5)  Coleslaw (115)  Roll (250) | | | | |
| Cal  895 | | Carb  100 | | Na  1235 | Cal  870 | | Carb  100 | Na  1340 | |
| **6** Beef & (380)  Guineitos  Carrots (70)  Biscuit (280)  Pudding (160) | | | **7** Turkey  Picadillo (180)  Rice (5)  Green Beans (5)  MG Bread (150)  Pineapple (5) | | | **8** Sofrito  Chicken (525)  Mshd Potato (110)  Broccoli (10)  Cookie (60)  Oat Bread (150) | | | **9** Honey Garlic Pork (285)  Rice&Beans (80)  Br. Sprouts (15)  Vienna Bd (180)  Applesauce (15) | | | | | **10** Eggplant Parm (880)  Pasta (5)  Zucchini (5)  LS Bread (0) Mandarins (10) | | | | |
| Cal  825 | Carb  95 | Na  1020 | Cal  585 | Carb  80 | Na  470 | Cal  630 | Carb  70 | Na  990 | Cal  770 | Carb  85 | | Na  710 | | Cal  705 | Carb  100 | | | Na  1190 |
| **13** Turkey Guisado (935)  Yucca (15)  Green Beans (5)  WW Bread (165)  Chilled Fruit (10) | | | **14** Omelet (310)  Turk Sausage (280)  Plantains (15)  Okra (45)  Muffin (190)  Yogurt(75), Juice | | | **15 Special:** Cken Teriyaki (520)  Veg Blend (25)  Lo Mein (135)  Cake (275)  LS Bread (0) | | | **16** Ground Beef & Pasta (395)  Zucchini (5)  Garlic Roll (240)  Mandarins (5) | | | | | **17** Cilantro & Lime Fish(340)  Coconut  Rice (80)  Fruit Crisp (105)  WW Bread (165)  Garden Sld (150) | | | | |
| Cal  715 | Carb  110 | Na  1260 | Cal  850 | Carb  110 | Na  920 | Cal  735 | Carb  115 | Na  1085 | Cal  735 | Carb  95 | | Na  775 | | Cal  960 | Carb  110 | | | Na  970 |
| **20**  **MLK Day**  **No Meals Served** | | | **21** Pork & Eggplant (280)  Green Beans (5)  Yellow Rice (65)  WW Roll (240)  Pineapple (5) | | | **22** **Birthday:** Meatloaf (200)  Mshd Potato (110)  Peas (35)  Oat Bread (150)  Cake (175) | | | **23** Citrus & Herb Chicken (340)  Rice&Peas (235)  Capri Veg (15)  Vienna Brd (180)  Mandarins (5) | | | | | **24** Spaghetti w/Vegetable Marinara (215)  Spinach (145)  MG Bread (150)  Pudding (190) | | | | |
| Cal  800 | Carb  110 | Na  760 | Cal  730 | Carb  80 | Na  795 | Cal  670 | Carb  85 | | Na  905 | | Cal  540 | Carb  85 | | | Na  830 |
| **27** Chicken (345)  Peppers & Onions  Spanish Rice(270)  Black Beans(140)  Tortilla (170)  Chilled Fruit (10) | | | **28** Tomato GarlicMeatballs (610)  Broccoli (10)  Pasta (5)  Dinner Roll (260)  Mandarins (5) | | | **29** Steak & Onions (460)  Yucca (20)  Beets (140)  Cornbread (180)  Gelatin (15) | | | **30** Ham (955)  Sweet Potato (50)  Warm Bread Pudding (190)  LS Bread (0)  Garden Salad(35) | | | | | **31** Shrimp & Rice (970)  Peas (60)  Oat Bread (150)  Orange (0) | | | | |
| Cal  670 | Carb  40 | Na  1060 | Cal  780 | Carb  105 | Na  1010 | Cal  895 | Carb  110 | Na  940 | Cal  860 | Carb  145 | | Na  1360 | | Cal  625 | Carb  80 | | | Na  1305 |

**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.

