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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) |
| Cal895 | Carb100 | Na1235 | Cal870 | Carb100 | Na1340 |
| **6** Beef & (380)GuineitosCarrots (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)  |
| Cal825 | Carb95 | Na1020 | Cal585 | Carb80 | Na470 | Cal630 | Carb70 | Na990 | Cal770 | Carb85 | Na710 | Cal705 | Carb100 | Na1190 |
| **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) |
| Cal715 | Carb110 | Na1260 | Cal850 | Carb110 | Na920 | Cal735 | Carb115 | Na1085 | Cal735 | Carb95 | Na775 | Cal960 | Carb110 | Na970 |
| **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) |
| Cal800 | Carb110 | Na760 | Cal730 | Carb80 | Na795 | Cal670 | Carb85 | Na905 | Cal540 | Carb85 | Na830 |
| **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) |
| Cal670 | Carb40 | Na1060 | Cal780 | Carb105 | Na1010 | Cal895 | Carb110 | Na940 | Cal860 | Carb145 | Na1360 | Cal625 | Carb80 | Na1305 |

**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.

