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| ***Monday*** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | | | **Friday** | | | | |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine.  \*High sodium item (>500mg),  Shading = High sodium meal (>1200mg)  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)  Oat Bread (150)  Cookie (230) | | | | | **3** Hot Dog\*(540)  Bked Beans (370)  Warm Pears (5)  Coleslaw (45)  Roll (250) | | | | |
| Cal  910 | | Pro  35 | | Na  1060 | Cal  830 | | Pro  30 | Na  1480 | |
| **6** Beef Stew (385)  Mshd Potato(110)  Biscuit (280)  Pudding (160) | | | **7** Turkey A la King\*(565)  Swt Potato (55)  Corn (5)  MG Bread (150)  Pineapple (5) | | | **8** Citrus Fennel Chicken\*(730)  Risotto (105)  Broccoli (10)  Cookie (60)  Oat Bread (150) | | | **9** Honey Garlic Pork (285)  Brown Rice (25)  Br. Sprouts (15)  Vienna Bd (180)  Applesauce (15) | | | | | **10** Eggplant Parm\*(880)  Pasta (5)  Zucchini (5)  LS Bread (0) Mandarins (10) | | | | |
| Cal  805 | Pro  35 | Na  1065 | Cal  745 | Pro  40 | Na  900 | Cal  830 | Pro  40 | Na  1190 | Cal  795 | Pro  45 | | Na  650 | | Cal  705 | Pro  30 | | | Na  1190 |
| **13** Turkey & Gravy\*(765)  Mshd Potato(110)  Green Beans (5)  WW Bread (165)  Chilled Fruit (10) | | | **14** Omelet (310)  Turk Sausage (280)  Rstd Potatoes (5)  Carrots (80)  Muffin (190)  Yogurt(75), Juice | | | **15 Special:** Cken Teriyaki\* (520)  Veg Blend (25)  Lo Mein (135)  Cake (275)  LS Bread (0) | | | **16** American Chop Suey (395)  Zucchini (5)  Garlic Roll (240)  Mandarins (5) | | | | | *fish_-_cartoon_01[1]***17** Breaded  Fish (330)  Mixed Veg (20)  Fruit Crisp (105)  Roll (250)  Garden Sld (150) | | | | |
| Cal  540 | Pro  35 | Na  1180 | Cal  790 | Pro  30 | Na  1030 | Cal  735 | Pro  35 | Na  1085 | Cal  735 | Pro  40 | | Na  775 | | Cal  705 | Pro  30 | | | Na  980 |
| **20**  **MLK Day**  **No Meals Served** | | | **21** Sweet and Sour Pork (250)  Green Beans (5)  Veg Rice (85)  WW Roll (240)  Pineapple (5) | | | **22** **Birthday:** Meatloaf (335)  Mshd Potato (110)  Peas (35)  Oat Bread (150)  Cake (175) | | | **23** Marry Me Chicken\*(740)  Quinoa (5)  Capri Veg (15)  Vienna Brd (180)  Mandarins (5) | | | | | **24** Lemon Basil Ravioli (190)  Spinach (145)  MG Bread (150)  Pudding (190) | | | | |
| Cal  750 | Pro  40 | Na  710 | Cal  735 | Pro  40 | Na  940 | Cal  855 | Pro  35 | | Na  1080 | | Cal  915 | Pro  35 | | | Na  805 |
| **27** Chicken (345)  Peppers & Onions  Spanish Rice(270)  Black Beans(140)  Tortilla (170)  Chilled Fruit (10) | | | **28** Meatballs w**/**Marinara (390)  Corn (5)  Tater Tots (335)  Sub Roll (330)  Mandarins (5) | | | **29** Salisbury (390) Steak&Mushroom  Mshd Potato (110)  Beets (140)  Cornbread (180)  Gelatin (15) | | | **30** Ham\*(955)  Sweet Potato (25)  Warm Bread Pudding (190)  LS Bread (0)  Garden Salad(35) | | | | | **31** Macaroni & Cheese (815)  Peas (60)  Oat Bread (150)  Orange (0) | | | | |
| Cal  670 | Pro  40 | Na  1060 | Cal  835 | Pro  35 | Na  1195 | Cal  640 | Pro  30 | Na  965 | Cal  845 | Pro  35 | | Na  1330 | | Cal  735 | Pro  30 | | | Na  1150 |

**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.

**Cal** = Total Calories, **Pro** = Total Protein, **Na** = Total Sodium (also in parentheses)

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