|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***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) |
| Cal910 | Pro35 | Na1060 | Cal830 | Pro30 | Na1480 |
| **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)  |
| Cal805 | Pro35 | Na1065 | Cal745 | Pro40 | Na900 | Cal830 | Pro40 | Na1190 | Cal795 | Pro45 | Na650 | Cal705 | Pro30 | Na1190 |
| **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) |
| Cal540 | Pro35 | Na1180 | Cal790 | Pro30 | Na1030 | Cal735 | Pro35 | Na1085 | Cal735 | Pro40 | Na775 | Cal705 | Pro30 | Na980 |
| **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) |
| Cal750 | Pro40 | Na710 | Cal735 | Pro40 | Na940 | Cal855 | Pro35 | Na1080 | Cal915 | Pro35 | Na805 |
| **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) |
| Cal670 | Pro40 | Na1060 | Cal835 | Pro35 | Na1195 | Cal640 | Pro30 | Na965 | Cal845 | Pro35 | Na1330 | Cal735 | Pro30 | Na1150 |

**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)

****