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| ***Monday*** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | | | **Friday** | | | | |
| Potassium (K), Sodium (Na) & Phosphorus (Phos) include: Entrée, sides, dessert or fruit, bread, margarine, and juice. Sodium (Na): Milligrams in parentheses  Nutrition Questions? Contact Leigh @  978-651-3023 or lhartwell@agespan.org | | | | | | **1**  **New Year’s Day**  **No Meals Served** | | | **2** Chicken Fried Rice (530)  Cauliflower (15)  Oat Bread (150)  Cookie (100) | | | | | **3** Dijon  Pork (420)  Corn (5)  Warm Pears (5)  Coleslaw (45)  D.Roll (240) | | | | |
| K  540 | | Phos  200 | | Na  800 | K  970 | | Phos  285 | Na  720 | |
| **6** Beef Stew (385)  Rice (5)  Bread (180)  Yogurt (75) | | | **7** Turkey A la King (565)  G.Beans (5)  Corn (5)  D.Roll (240)  Pineapple (5) | | | **8** Balsamic Chicken (340)  Risotto (105)  Capri Veg (15)  Grahams (70)  Oat Bread (150) | | | **9** Honey Garlic Pork (285)  Brown Rice (25)  Br. Sprouts (15)  Vienna Bd (180)  Applesauce (15) | | | | | **10** Lasagna &  Red Pepper  Sauce (350)  Zucchini (5)  LS Bread (0) Mandarins (10) | | | | |
| K  840 | Phos  430 | Na  650 | K  1095 | Phos  440 | Na  835 | K  845 | Phos  345 | Na  685 | K  865 | Phos  300 | | Na  480 | | K  940 | Phos  425 | | | Na  360 |
| **13** Turkey Burger & Gravy (480)  Corn (5)  Green Beans (5)  Bun (250)  Chilled Fruit (10) | | | **14** Omelet (310)  Turk Sausage (280)  Peas (60)  Carrots (80)  LS Bread (0)  Yogurt (75) | | | **15** Orange Chicken(410)  Veg Blend (25)  Lo Mein (135)  Cookie (100)  Dinner Roll | | | **16** Beef & Pepper Pasta (165)  Zucchini (5)  Garlic Roll (240)  Mandarins (5) | | | | | **17** Breaded  Fish (330)  Mixed Veg (20)  Warm Fruit (5)  Roll (250)  Salad (35) | | | | |
| K  1080 | Phos  330 | Na  750 | K  920 | Phos  540 | Na  810 | K  980 | Phos  330 | Na  880 | K  1060 | Phos  295 | | Na  420 | | K  830 | Phos  410 | | | Na  640 |
| **20**  **MLK Day**  **No Meals Served** | | | **21** Sweet & Sour Pork (250)  Green Beans (5)  Veg Rice (85)  D.Roll (240)  Pineapple (5) | | | **22** **Birthday:** Meatloaf (335)  Cauliflower (15)  Peas (35)  Oat Bread (150)  Grahams (70) | | | **23** Herbed Chicken (340)  Quinoa (5)  Capri Veg (15)  Vienna Brd (180)  Mandarins (5) | | | | | **24** Lemon Basil Ravioli (190)  Carrots (70)  D.Roll (240)  Yogurt (75) | | | | |
| K  845 | Phos  250 | Na  535 | K  845 | Phos  335 | Na  610 | K  895 | Phos  400 | | Na  550 | | K  745 | Phos  510 | | | Na  580 |
| **27** Chicken (345)  Peppers & Onions  Spanish Rice(270)  Zucchini (5)  Tortilla (170)  Chilled Fruit (10) | | | **28** Piccata Meatballs (315)  Corn (5)  Broccoli (10)  D.Roll (240)  Mandarins (5) | | | **29** Salisbury (390) Steak&Mushroom  Orzo (30)  Beets (140)  LS Bread (0)  Yogurt (75) | | | **30** Apricot  Pork (290)  Rice (5)  Warm Apples(10)  D.Roll (240)  Garden Salad(35) | | | | | **31** Macaroni & Cheese (650)  Peas (60)  Oat Bread (150)  Fruit (0) | | | | |
| K  1020 | Phos  290 | Na  850 | K  1050 | Phos  315 | Na  595 | K  820 | Phos  360 | Na  745 | K  720 | Phos  245 | | Na  590 | | K  755 | Phos  260 | | | Na  865 |

**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.

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