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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 parenthesesNutrition 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) |
| K540 | Phos200 | Na800 | K970 | Phos285 | Na720 |
| **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)  |
| K840 | Phos430 | Na650 | K1095 | Phos440 | Na835 | K845 | Phos345 | Na685 | K865 | Phos300 | Na480 | K940 | Phos425 | Na360 |
| **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) |
| K1080 | Phos330 | Na750 | K920 | Phos540 | Na810 | K980 | Phos330 | Na880 | K1060 | Phos295 | Na420 | K830 | Phos410 | Na640 |
| **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) |
| K845 | Phos250 | Na535 | K845 | Phos335 | Na610 | K895 | Phos400 | Na550 | K745 | Phos510 | Na580 |
| **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) |
| K1020 | Phos290 | Na850 | K1050 | Phos315 | Na595 | K820 | Phos360 | Na745 | K720 | Phos245 | Na590 | K755 | Phos260 | Na865 |

**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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