|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | | | **Tuesday** | | | **Wednesday** | **Thursday** | | | | **Friday** | | |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine.    Cal = Total Calories,  Carb = Carbohydrates  Na = Total Sodium  (also in parentheses) | | | | | **1** HoneyLemon  Fish (500)  Fried Rice (160)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **2** Beef w/Peppers & Onions (535)  Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | **3** Sesame  Chicken (655)  Sweet Potato (55)  Pineapple (5)  Garden Salad (35)  Dinner Roll (240) | | | | **4**    **Holiday** | | |
| **Cal**  825 | **Carb**  125 | **Na**  1055 | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 690 | 100 | 940 | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 835 | 120 | 1110 | | | | |
| **7** Pork & Mushrooms (640)  Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | | | **8** Sweet & Sour Meatballs & Vegetables (315)  Lo Mein (50)  Dinner Roll (240)  Fruit (5) | | | **9 Cold:** Edamame & Noodles (505)  Coleslaw (15)  Dinner Roll (240)  Fruit (5) | **10** Garlic  Beef (535)  Yucca (20)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | | **11** Tofu &  Tomatoes (510)  Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 765 | 100 | 1045 | | | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 735 | 100 | 735 | | | | |  |  |  | | --- | --- | --- | | **Cal** | **Carb** | **Na** | | 860 | 105 | 890 | | **Cal**  750 | **Carb**  120 | **Na**  950 | | **Cal**  665 | **Carb**  110 | **Na**  915 |
| **14** Basil Beef  & Peppers (640)  Rice (5)  Dinner Roll (240)  Fruit (5) | | | | | **15** Chili Lime Fish (450)  Coconut Rice (80)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **16** **Cold:** Tofu & Noodles (960)  Tomato & Cucumbers (40)  Dinner Roll (240)  Fruit (5) | **17** Teriyaki  Chicken (640)  Veg Rice (85)  Green Beans (5)  Dinner Roll (240)  Fruit (5) | | | | **18** Ground Turkey & Bok Choy(755)  Brown Rice (25)  Dinner Roll (240)  Fruit (5) | | |
| **Cal**  690 | | **Carb**  85 | **Na**  890 | | |  |  |  | | --- | --- | --- | | **Cal**  930 | **Carb**  130 | **Na**  930 | | | | |  |  |  | | --- | --- | --- | | **Cal**  535 | **Carb**  90 | **Na**  1370 | | |  |  |  | | --- | --- | --- | | **Cal**  700 | **Carb**  100 | **Na**  1100 | | | | | |  |  |  | | --- | --- | --- | | **Cal**  780 | **Carb**  105 | **Na**  1150 | | | |
| **21** Hawaiian Chicken (335)  Rice (5)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | | | **22** Chicken Wings (515)  Veg Rice (85)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | **23 Cold:** GarlicShrimp(920)  Noodles (305)  Garden Salad (35)  LS Bread (0)  Fruit (5) | **24** Pulled  Pork (550)  Sweet Potato (55)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | | **25** Tofu Pad  Thai (500)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | |
| **Cal**  700 | **Carb**  105 | | | **Na**  735 | |  |  |  | | --- | --- | --- | | **Cal**  710 | **Carb**  100 | **Na**  1000 | | | | |  |  |  | | --- | --- | --- | | **Cal**  610 | **Carb**  90 | **Na**  1390 | | **Cal**  720 | **Carb**  100 | **Na**  1000 | | **Cal**  865 | **Carb**  120 | **Na**  895 |
| **28** Chicken Dumplings (235)  Fried Rice (155)  Vegetables (25)  Dinner Roll (240)  Fruit (5) | | | | | **29** Coconut Curry Shrimp (600)  Rice (5)  Dinner Roll (240)  Fruit (5) | | | **30** Pork Cake & Mushrooms (365)  Veg Rice (85)  Pineapple (5)  Coleslaw (15)  Dinner Roll (240) | **31** **Cold:** Garlic  Tofu (465)  Lo Mein (135)  Garden Salad (35)  Dinner Roll (240)  Fruit (5)   |  |  |  | | --- | --- | --- | | **Cal**  690 | **Carb**  100 | **Na**  1005 | | | | A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.  Brought to you by the  Older Americans Act. | | | |
| **Cal**  620 | | **Carb**  95 | **Na**  790 | | |  |  |  | | --- | --- | --- | | **Cal**  750 | **Carb**  90 | **Na**  980 | | | | |  |  |  | | --- | --- | --- | | **Cal**  900 | **Carb**  100 | **Na**  840 | |

Nutrition Questions? Contact Leigh @ 978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org)

**To Cancel Meals call 978-686-1422 at least 24 hours prior to service.**

Menu to Change Without Notice - Brought to you by the Older Americans Act.

