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| --- | --- | --- | --- | --- |
| **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 |

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| **Cal** | **Carb** | **Na** |
| 690 | 100 | 940 |

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| **Cal** | **Carb** | **Na** |
| 835 | 120 | 1110 |

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| **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) |
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| **Cal** | **Carb** | **Na** |
| 765 | 100 | 1045 |

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| **Cal** | **Carb** | **Na** |
| 735 | 100 | 735 |

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|  |  |  |
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| **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 |

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| --- | --- | --- |
| **Cal**930 | **Carb**130 | **Na**930 |

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| **Cal**535 | **Carb**90 | **Na**1370 |

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| **Cal**700 | **Carb**100 | **Na**1100 |

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| **Cal**780 | **Carb**105 | **Na**1150 |

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| **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 |

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| **Cal**710 | **Carb**100 | **Na**1000 |

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| **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)

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| **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 |

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| --- | --- | --- |
| **Cal**750 | **Carb**90 | **Na** 980 |

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| **Cal**900 | **Carb**100 | **Na**840 |

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Nutrition Questions? Contact Leigh @ 978-651-3023 or 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.

