|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| Totals include entrée, sides, bread, beverage & margarine.    Cal = Total Calories,  Carb = Carbohydrates  Na = Total Sodium  (also in parentheses) | | | **1** Breaded  Fish (300)  Corn (5)  Br. Sprouts (15)  MG Bread (150) | | | **2** Beef**,** Peppers & Onions (305)  Rice & Beans (205)  Green Beans (5)  Tortilla (170) | | | **3** Chicken Supreme (380)  Sweet Potato (55)  Warm Berries (5)  Oat Bread (150) | | | **4**  **Holiday**  **No Meal** | | |
| Cal  610 | Carb  70 | Na  670 | Cal  505 | Carb  60 | Na  815 | Cal  540 | Carb  65 | Na  715 |
|  | | |
| **7** Smothered Pork w/Mushrooms(290)  Corn (5)  Cauliflower (15)  Roll (120) | | | **8** Pasta & Meatballs(410)  Veg Blend (15)  Oat Bread (150) | | | **9** Chicken  Salad (170)  Egg Salad (175)  Orzo Salad (315)  Coleslaw (15)  Wheat Bread (0) | | | **10** Pot  Roast (195)  Beets (140)  Butternut (15)  WW Bread (165) | | | **11** Cheese Omelet (310)  Rstd Potato (5)  Ratatouille (115)  MG Bread (150) | | |
| Cal  680 | Carb  65 | Na  555 | Cal  610 | Carb  70 | Na  800 | Cal  705 | Carb  70 | Na  805 | Cal  490 | Carb  55 | Na  645 | Cal  555 | Carb  55 | Na  715 |
| **14** Ground Beef & Cabbage (305)  Rsted Potatoes & Red Peppers (5)  Rye Bread (150) | | | **15** Garlic & Lemon Fish (60)  Corn (5)  Cr. Spinach (215)  MG Bread (150) | | | **16 Cold:** Tortellini Salad w/Peas (310)  Cucumber & Tomato Salad (220)  Oat Bread (150) | | | **17** Chicken Marsala (370)  Couscous (5)  Green Beans (5)  Roll (120) | | | **18** Turkey  Chili (705)  Brown Rice (25)  Wheat Bread (0) | | |
| Cal  535 | Carb  60 | Na  595 | Cal  625 | Carb  55 | Na  555 | Cal  700 | Carb  70 | Na  810 | Cal  535 | Carb  65 | Na  630 | Cal  650 | Carb  70 | Na  840 |
| **21** Hawaiian Chicken (335)  Rice (5)  Veg Bend (25)  WW Roll (120) | | | **22** Meatloaf w/Gravy (340)  Mshd Potato (110)  Carrots (45)  MG Bread (150) | | | **23 Cold:** Seafood Salad (480)  Garden Salad (35)  Tabouli (80)  Juice (0)  Pita Bread (160) | | | **24** BBQ Pulled Pork (510)  Swt Potato (55)  Collard  Greens (35)  WW Bread (165) | | | **25** Pesto  Ravioli (310)  Stewed  Tomatoes (30)  Oat Bread (150) | | |
| Cal  520 | Carb  65 | Na  615 | Cal  630 | Carb  70 | Na  770 | Cal  350 | Carb  60 | Na  750 | Cal  640 | Carb  70 | Na  890 | Cal  615 | Carb  60 | Na  625 |
| **28** Turkey Burger w/Gravy (480)  Mshd Potato (110)  Carrots (65)  LS WW Bread (0) | | | **29** Lasagna w/Marinara (550)  Veg Blend (25)  Roll (120) | | | **30** Garlic  Pork(480)  Corn (5)  Warm Apples (10)  Oat Bread (150) | | | **31 Cold:** Rst Beef & Cheese (200)  Chips (170)  Garden Salad (35)  MG Bread (300) | | | A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.  Nutrition Questions? Leigh @ 978- 651-3023 [lhartwell@agespan.org](mailto:lhartwell@agespan.org) | | |
| Cal  540 | Carb  55 | Na  790 | Cal  660 | Carb  65 | Na  875 | Cal  1050 | Carb  70 | Na  785 | Cal  550 | Carb  60 | Na  890 |

To Cancel Meals Please Call **978-686-1422** at least 24 Hours Before Service

 = Alternate for fish available - Menus Subject to Change Without Notice

Brought to you by the Older Americans Act

A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between

50–100 calories and under 100mg of sodium, to be eaten between meals

