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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, bread, beverage & margarine.  Cal = Total Calories, Carb = CarbohydratesNa = 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** |
| Cal610 | Carb70 | Na670 | Cal505 | Carb60 | Na815 | Cal540 | Carb65 | Na715 |
|  |
| **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) |
| Cal680 | Carb65 | Na555 | Cal610 | Carb70 | Na800 | Cal705 | Carb70 | Na805 | Cal490 | Carb55 | Na645 | Cal555 | Carb55 | Na715 |
| **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) |
| Cal535 | Carb60 | Na595 | Cal625 | Carb55 | Na555 | Cal700 | Carb70 | Na810 | Cal535 | Carb65 | Na630 | Cal650 | Carb70 | Na840 |
| **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) |
| Cal520 | Carb65 | Na615 | Cal630 | Carb70 | Na770 | Cal350 | Carb60 | Na750 | Cal640 | Carb70 | Na890 | Cal615 | Carb60 | Na625 |
| **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 |
| Cal540 | Carb55 | Na790 | Cal660 | Carb65 | Na875 | Cal1050 | Carb70 | Na785 | Cal550 | Carb60 | Na890 |

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

