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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** Breaded  Fish (300)  Beets (140)  Yellow Rice (65)  Bun (250)  Chilled Fruit (10) | | | **2** Beef**,** Peppers & Onions (305)  Black Beans (140)  Rice (270)  Tortilla (170)  Rice Pudding (40) | | | **3** Chicken (605) Cordon Bleu  Swt Potato (55)  Berry Crisp (105)  Garden Salad (35)  Oat Bread (150) | | | **4**  **Holiday No Meal** | | |
| Cal  765 | Carb  105 | Na  955 | Cal  785 | Carb  105 | Na  1060 | Cal  860 | Carb  95 | Na  1075 |
|  | | |
| **7** Garlic  Pork (340)  Beans (240)  Rice (5)  WW Roll (240)  Cookie (60) | | | **8** Pasta & Meatballs(610)  Veg Blend (15)  Oat Bread (150)  Pineapple (5) | | | **9** Turkey &  Cheese (490)  Potato Salad (140)  Coleslaw (15)  Berry Parfait (5)  Wheat Bread (0) | | | **10** Pot Roast & Tomatoes (535)  Beets (140)  Yucca (15)  Biscuit (280)  Fresh Fruit (5) | | | **11** Cheese  Omelet (310)  Tk Sausage(280)  Rstd Potato (5)  Eggplant (275)  Fruit Loaf (170)  Applesauce (15) | | |
| Cal  845 | Carb  90 | Na  1025 | Cal  830 | Carb  110 | Na  925 | Cal  930 | Carb  100 | Na  775 | Cal  830 | Carb  130 | Na  1120 | Cal  1025 | Carb  115 | Na  1185 |
| **14** Pastelon (375)  Corn (5)  Rye Bread (230)  Chilled Fruit (10) | | | **15** Garlic & Lemon Fish (60)  Rice (5)  Beans (140)  MG Bread (150)  Gelatin (15) | | | **16 Cold:** Pasta Salad (615)  Cucumber & Tomato Salad (220)  Cookie (230)  Oat Bread (150) | | | **17** Sofrito Chicken (530)  Guinetos (15)  Green Beans (5)  Roll (260)  Orange (5) | | | **18** Turkey  Picadillo (180)  Brown Rice (25)  Cornbread (180)  Mandarins (5) | | |
| Cal  975 | Carb  110 | Na  735 | Cal  650 | Carb  70 | Na  500 | Cal  1070 | Carb  120 | Na  1345 | Cal  785 | Carb  110 | Na  935 | Cal  690 | Carb  85 | Na  520 |
| **21** Hawaiian Chicken (335)  Rice (5)  Veg Bend (25)  Chilled Fruit (5)  WW Roll (240) | | | **22** Meatloaf(200)  Mshd Potato (110)  Peas (60)  MG Bread (150)  Fresh Fruit (5) | | | **23 Cold:** Italian Sandwich (535)  Garden Salad (35)  Tabouli (80)  Yogurt(75)/Juice(0)  Sub Roll (330) | | | **24 B-day:** Pulled Pork (150)  Sweet Potato (55)  Cauliflower (15)  Tortilla (170)  Cake (175) | | | **25** Spaghetti & Veggies (420)  Beans (400)  Oat Bread (150)  Chilled Fruit(10) | | |
| Cal  660 | Carb  95 | Na  740 | Cal  740 | Carb  85 | Na  650 | Cal  590 | Carb  95 | Na  1050 | Cal  590 | Carb  75 | Na  700 | Cal  730 | Carb  115 | Na  1105 |
| **28** Turkey  Guisado (935)  Yucca (20)  Carrots (65)  LS WW Bread (0)  Chilled Fruit (10) | | | **29** Lasagna (275)  w/Spinach & Mushrooms  Veg Blend (25)  Garlic Roll (240)  Cookie (60) | | | **30** Hot Dog (540)  Beans (165)  Warm Apples (10)  Coleslaw (15)  Roll (250) | | | **31 Cold:** Rst Beef & Cheese (200)  Potato Salad (190)  Garden Salad(35)  MG Bread (300)  Fresh Fruit (5) | | | 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  700 | Carb  110 | Na  1155 | Cal  715 | Carb  90 | Na  1185 | Cal  860 | Carb  95 | Na  1245 | Cal  555 | Carb  80 | Na  910 |

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

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

