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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** |
| Cal765 | Carb105 | Na955 | Cal785 | Carb105 | Na1060 | Cal860 | Carb95 | Na1075 |
|  |
| **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) |
| Cal845 | Carb90 | Na1025 | Cal830 | Carb110 | Na925 | Cal930 | Carb100 | Na775 | Cal830 | Carb130 | Na1120 | Cal1025 | Carb115 | Na1185 |
| **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) |
| Cal975 | Carb110 | Na735 | Cal650 | Carb70 | Na500 | Cal1070 | Carb120 | Na1345 | Cal785 | Carb110 | Na935 | Cal690 | Carb85 | Na520 |
| **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) |
| Cal660 | Carb95 | Na740 | Cal740 | Carb85 | Na650 | Cal590 | Carb95 | Na1050 | Cal590 | Carb75 | Na700 | Cal730 | Carb115 | Na1105 |
| **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 |
| Cal700 | Carb110 | Na1155 | Cal715 | Carb90 | Na1185 | Cal860 | Carb95 | Na1245 | Cal555 | Carb80 | Na910 |

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.

