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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine. \*Higher sodium item (>500 mg), Shading = High sodium meal (>1200 mg). Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses) | **1** Breaded Fish (300)Corn (5)Br. Sprouts (15)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)Caesar Salad(290)Oat Bread (150) | **4** **Holiday No Meal** |
| Cal720 | Na780 |  Pro35 | Cal785 | Na1060 |  Pro40 | Cal970 | Na1335 |  Pro35 |
|  |
| **7** Smothered Pork w/Mushrooms(290)Sweet Potato (25)Cauliflower (15)WW Roll (240)Cookie (60)  | **8** Pasta & Meatballs(410)Veg Blend (15)Oat Bread (150)Pineapple (5)  | **9 Special:** Chicken Salad (170)Egg Salad (175)Orzo Salad (315)Coleslaw (15)Berry Parfait (5)Finger Rolls (240) | **10** Pot Roast(195) Beets (140)Butternut (15)Biscuit (280)Fresh Fruit (5) | **11** Cheese Omelet (310)Tk Sausage(280)Rstd Potato (5)Ratatouille (115)Fruit Loaf (170)Applesauce (15) |
| Cal880 | Na760 |  Pro45 | Cal785 | Na820 |  Pro30 | Cal1115 | Na1285 |  Pro35 | Cal595 | Na765 |  Pro40 | Cal860 | Na1025 |  Pro35 |
| **14** Ground Beef & Cabbage (305)Rsted Potatoes & Red Peppers (5)Rye Bread (220)Chilled Fruit (10) | **15** Garlic & Lemon Fish (60)Corn (5) Cr. Spinach (215)MG Bread (150)Gelatin (15) | **16 Cold:** Tortellini Salad w/Peas (310)Cucumber & Tomato Salad (220)Cookie (230) Oat Bread (150) | **17** *Marry Me Chicken\*(740)*Couscous (5)Green Beans (5) Roll (260)Orange (5) | **18** Turkey Chili\*(705)Brown Rice (25)Cornbread (180)Mandarins (5) |
| Cal650 | Na680 |  Pro35 | Cal635 | Na565 |  Pro35 | Cal1020 | Na1040 |  Pro35 | Cal960 | Na1140 |  Pro35 | Cal870 | Na1040 |  Pro35 |
| **21** *Hawaiian Chicken (335)*Rice (5)Veg Bend (25)Chilled Fruit (5)WW Roll (240) | **22** Meatloaf w/Gravy (340)Mshd Potato (110)Peas (60)MG Bread (150)Fresh Fruit (5) | **23 Cold:** Seafood Salad (480)Garden Salad (35)Tabouli (80)Yogurt(75)/Juice(0)Vienna Bread (360) | **24 B-day:** BBQ Pulled Pork\*(510)Swt Potato (55)Collard Greens (35) Bun (250) Cake (175) | **25** Macaroni & Cheese\* (815)Stewed Tomatoes (30) Oat Bread (150)Chilled Fruit(10) |
| Cal660 | Na740 |  Pro40 | Cal740 | Na790 |  Pro40 | Cal540 | Na1025 |  Pro20 | Cal755 | Na1150 |  Pro40 | Cal685 | Na1130 |  Pro25 |
| **28** Turkey w/Gravy\* (765)Mshd Potato (110)Carrots (65)LS WW Bread (0)Chilled Fruit (10) | **29** Lasagna w/Marinara\*(550) Veg Blend (25)Garlic Roll (240) Cookie (60) | **30** Hot Dog\* (540)Baked Beans (370)Warm Apples (10)Coleslaw (15)Roll (250) | **31 Cold:** Rst Beef & Cheese (200)Chips (170) 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 |
| Cal525 | Na1080 | Pro35 | Cal645 | Na1090 | Pro30 | Cal830 | Na1485 | Pro30 | Cal620 | Na890 | Pro35 |

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 – Italics = Meal Description on back of menu



**Meal Descriptions**

***Marry Me Chicken:*** Chicken with a creamy tomato sauce & Italian herbs.

***Hawaiian Chicken:*** Chicken with a pineapple sauce, peppers & onions.