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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| Totals include entrée, sides, dessert, fruit, bread, juice & margarine.    K = Potassium  Phos = Phosphorus  Na = Total Sodium  (also in parentheses) | | | **1** Breaded  Fish (300)  Corn (5)  Br. Sprouts (15)  Vienna Brd (130)  Chilled Fruit (10) | | | **2** Beef**,** Peppers & Onions (305)  Spanish Rice (270)  Green Beans (5)  Tortilla (170)  Yogurt (75) | | | **3** Chicken Supreme (380)  Orzo (30)  Warm Berries (5)  Salad (35)  Oat Bread (150) | | | **4**  **Holiday No Meal** | | |
| K  1015 | Phos  350 | Na  530 | K  880 | Phos  450 | Na  830 | K  840 | Phos  240 | Na  600 |
|  | | |
| **7** Rosemary  Pork (330)  Corn (5)  Cauliflower (15)  Roll (120)  Lorna Doones(100) | | | **8** Sweet n’Sour Meatballs &  Pasta (250)  Veg Blend (15)  Oat Bread (150)  Pineapple (5) | | | **9** Chicken  Salad (170)  Egg Salad (175)  Orzo Salad (315)  Coleslaw (15)  Yogurt (75)  Wheat Bread (0) | | | **10** Pot Roast(195)  Beets (140)  Butternut (5)  Roll (260)  Fresh Fruit (5) | | | **11** Cheese Omelet (310)  Rice (5)  Carrots (70)  MG Bread (150)  Applesauce (15) | | |
| K  730 | Phos  300 | Na  575 | K  715 | Phos  275 | Na  520 | K  600 | Phos  320 | Na  755 | K  975 | Phos  265 | Na  605 | K  610 | Phos  300 | Na  545 |
| **14** Ground Beef & Cabbage (305)  Corn & Red Peppers (5)  Rye Bread (220)  Chilled Fruit (10) | | | **15** Garlic & Lemon Fish (60)  Rice (5)  Carrots (70)  MG Bread (150)  Yogurt (75) | | | **16 Cold:** Tortellini Salad w/Peas (310)  Cucumber  Salad (220)  Grahams (70)  Oat Bread (150) | | | **17** Chicken Marsala (370)  Couscous (5)  Green Beans (5)  Roll (120)  Fresh Fruit (5) | | | **18** Turkey, (150)  Carrots & Peas  Brown Rice (25)  Bread (0)  Mandarins (5) | | |
| K  920 | Phos  290 | Na  470 | K  805 | Phos  455 | Na  365 | K  530 | Phos  340 | Na  755 | K  890 | Phos  320 | Na  505 | K  570 | Phos  310 | Na  160 |
| **21** Hawaiian Chicken (335)  Rice (5)  Veg Bend (25)  Chilled Fruit (5)  Roll (120) | | | **22** Meatloaf w/Gravy (340)  Orzo (30)  Carrots (45)  MG Bread (150)  Fresh Fruit (5) | | | **23 Cold:** Seafood Salad (480)  Garden Salad (35)  Pasta Salad  Yogurt(75)/Juice(0)  Pita Bread (160) | | | **24** BBQ Pulled Pork\*(510)  Corn (5)  Cauliflower (20)  Roll (260)  Lorna Doone (100) | | | **25** Pesto  Ravioli (310)  Beets (140)  Oat Bread (150)  Chilled Fruit(10) | | |
| K  760 | Phos  295 | Na  490 | K  1010 | Phos  280 | Na  570 | K  620 | Phos  345 | Na  765 | K  945 | Phos  365 | Na  895 | K  625 | Phos  300 | Na  615 |
| **28** Turkey Burger w/Gravy (480)  Rice (5)  Carrots (65)  LS WW Bread (0)  Chilled Fruit (10) | | | **29** Lasagna & Red Pepper  Sauce (435)  Veg Blend (25)  Roll (120)  Grahams (70) | | | **30** Garlic  Pork(480)  Corn (5)  Warm Apples (10)  Coleslaw (15)  Oat Bread (150) | | | **31 Cold:** Rst Beef & Cheese (200)  Butternut (10)  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) | | |
| K  975 | Phos  295 | Na  565 | K  555 | Phos  305 | Na  655 | K  780 | Phos  355 | Na  660 | K  945 | Phos  275 | Na  605 |

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

Menus Subject to Change Without Notice

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