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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, dessert, fruit, bread, juice & margarine.  K = PotassiumPhos = PhosphorusNa = 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** |
| K1015 | Phos350 | Na530 | K880 | Phos450 | Na830 | K840 | Phos240 | Na600 |
|  |
| **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) |
| K730 | Phos300 | Na575 | K715 | Phos275 | Na520 | K600 | Phos320 | Na755 | K975 | Phos265 | Na605 | K610 | Phos300 | Na545 |
| **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) |
| K920 | Phos290 | Na470 | K805 | Phos455 | Na365 | K530 | Phos340 | Na755 | K890 | Phos320 | Na505 | K570 | Phos310 | Na160 |
| **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) |
| K760 | Phos295 | Na490 | K1010 | Phos280 | Na570 | K620 | Phos345 | Na765 | K945 | Phos365 | Na895 | K625 | Phos300 | Na615 |
| **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 |
| K975 | Phos295 | Na565 | K555 | Phos305 | Na655 | K780 | Phos355 | Na660 | K945 | Phos275 | Na605 |

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

Menus Subject to Change Without Notice

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