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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)   * = Substitute available for Fish   A $2.00 confidential donation is suggested per meal.  Donation letters mailed monthly.  Nutrition Questions? Contact Leigh @ 978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org) | | | | | | | | | **1** BBQ Pork(435)  Sweet Tater  Tots (230), Cheesy  Cauliflower (135)  WW Bread (165)  Applesauce (20) | | | **2** Lasagna w/Marinara (500)  Spinach (145)  WW Garlic  Roll (240)  Cookie (60) | | |
| Cal  735 | Na  1115 | Pro  40 | Cal  680 | Na  1075 | Pro  35 |
| **5** Chicken Alfredo\* (640)  Pasta (0)  Broccoli (10)  WW Roll (240)  Chilled Fruit (5) | | | **6** Sausage,Onions & Peppers\*(650)  Corn (0)  Sweet Potato (70)  Roll (270)  Applesauce (20) | | | **7 Special** Crustless Quiche (210)  Potatoes (25) Carrots (80)  Fruit Salad (5)  Coffee Cake(135) | | | **8** **Turkey Orzo Casserole**\*(680)  Green Beans (5)  Oat Bread (150)  Fresh Fruit (0) | | | **9** Pesto  Fish (185)  Lemon Rice (15)  Veg Blend (15)  MG Bread (150)  Gelatin (105) | | |
| Cal  795 | Na  1025 | Pro  45 | Cal  750 | Na  1140 | Pro  35 | Cal  720 | Na  585 | Pro  25 | Cal  650 | Na  965 | Pro  35 | Cal  665 | Na  600 | Pro  45 |
| **12** Sweet BBQ Meatballs\* (525)  Rice (5)  Beets (140)  Vienna Brd (180)  Pineapple (0) | | | **13** Ravioli w/Marinara (385)  Veg Blend (35)  WW Bread (165)  Mandarins (5) | | | **14 Cold:** Chicken Salad (395)  Spinach Salad (35) Butternut (10)  MG Bread (300)  Cookie (60) | | | **15** Cheese Omelet (310)  Trky Sausage(280)  Rstd Potatoes (5)  Tomatoes (30)  Muffin (190)  Yogurt(75) Juice (5) | | | **16** Beef & Veg Stew (385)  Mshd Potato (110)  WW Roll (240)  Fresh Fruit (0) | | |
| Cal  765 | Na  980 | Pro  30 | Cal  570 | Na  830 | Pro  30 | Cal  600 | Na  935 | Pro  40 | Cal  735 | Na  980 | Pro  25 | Cal  765 | Na  865 | Pro  40 |
| **19** Turkey W/Gravy\* (765)  Mshd Potato (110)  Carrots (65)  LS WW Bread (0)  Applesauce (15) | | | **20** Breaded  Fish (300)  Corn (0)  Br. Sprouts (15)  WW Roll (250)  Chilled Fruit (10) | | | **21** Beef, Peppers & Onions (305)  Beans (140)  Rice (135)  Tortilla (170)  Pudding (40) | | | **22** **Chicken\*(605)**  **Cordon Bleu**  Sweet Potato (55)  Berry Crisp (105)  Caesar Salad(290)  Oat Bread (150) | | | **23** Macaroni and Cheese\* (815)  Peas (60)  WW Bread (165)  Fresh Fruit (0) | | |
| Cal  505 | Na  1090 | Pro  30 | Cal  720 | Na  780 | Pro  35 | Cal  710 | Na  925 | Pro  40 | Cal  970 | Na  1335 | Pro  35 | Cal  755 | Na  1165 | Pro  30 |
| **26**  **Memorial Day**  **No Meals** | | | **27** Chicken Parmesan\* (785)  Pasta (5)  Veg Blend (35)  MG Bread (150)  Pineapple (0) | | | **28** Hot  Dog\* (540)  Bkd Beans (370)  Apples (10)  Latin Slaw (15)  Roll (250) | | | **29 B-day: Cold** Egg Salad (135)  Quinoa (230)  Garden Salad(35)  Cupcake (175)  Pita Bread (215) | | | **30** Mediterranean Fish (420)  Rstd Potatoes (5)  Crm Spinach(210)  WW Roll (240)  Gelatin (15) | | |
| Cal  760 | Na  1100 | Pro  35 | Cal  830 | Na  1455 | Pro  30 | Cal  645 | Na  920 | Pro  30 | Cal  675 | Na  1020 | Pro  40 |

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

Menu Subject to Change Without Notice **- Bolded items:** description on menu back



**Meal Descriptions**

**Turkey Orzo Casserole**: Turkey, Orzo, Tomatoes, Onions, Garlic, Spinach, Olives & Cheese

**Chicken Cordon Bleu:** Breaded chicken stuffed with cheese and ham.

Served with a creamy “supreme” sauce.