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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 | **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) |
| Cal735 | Na1115 |  Pro40 | Cal680 | Na1075 |  Pro35 |
| **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) |
| Cal795 | Na1025 |  Pro45 | Cal750 | Na1140 |  Pro35 | Cal720 | Na585 |  Pro25 | Cal650 | Na965 |  Pro35 | Cal665 | Na600 |  Pro45 |
| **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) |
| Cal765 | Na980 |  Pro30 | Cal570 | Na830 |  Pro30 | Cal600 | Na935 |  Pro40 | Cal735 | Na980 |  Pro25 | Cal765 | Na865 |  Pro40 |
| **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) |
| Cal505 | Na1090 |  Pro30 | Cal720 | Na780 |  Pro35 | Cal710 | Na925 |  Pro40 | Cal970 | Na1335 |  Pro35 | Cal755 | Na1165 |  Pro30 |
| **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) |
| Cal760 | Na1100 | Pro35 | Cal830 | Na1455 | Pro30 | Cal645 | Na920 | Pro30 | Cal675 | Na1020 | Pro40 |

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.