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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Calories, Sodium (Na) & Carbs include: entrée, sides, bread, drink & margarine Nutrition Questions? Please contact dietitian, Leigh Hartwell@ 978-651-3023 or lhartwell@agespan.orgfish_-_cartoon_01[1]= Alternate for fish available | fish_-_cartoon_01[1]**1 Cold**: Tuna Salad (240) Garden Sld (35)Bean Salad (175)Pita Bread (160) |
| Ca435 | Carb45 | Na740 |
| **4** Lasagna Alfredo (540) Zucchini (5)WW Bread (165)  | **5** Turkey Pot Pie (365)Mshd Potato (110)Vienna Brd (180) | **6** Pork, Onion & Peppers (285)Green Beans (5)Butternut (20)MG Bread (150) | **7** Lemon Pepper Chicken (370)Broccoli (10)Rice Pilaf (40)Oat Bread (150) | **8** American Chop Suey (310)Br. Sprouts (15)Roll (120) |
| Ca615 | Carb70 | Na840 | Ca485 | Carb60 | Na785 | Ca625 | Carb55 | Na585 | Ca540 | Carb55 | Na700 | Ca575 | Carb70 | Na575 |
| **11** **Veteran’s Day****No Meals Served** | **12** Apricot Chicken (325)Brown Rice (25)Beets (140)Oat Bread (150) | fish_-_cartoon_01[1]**13** Breaded Fish (270) Warm Apple (10)Peas (60)Roll (120) | **14 Cold**: Egg Salad (465)Garden Salad (35)Quinoa (170) LS Bread (0)Juice (5) | **15** Turkey Tetrazzini (220)Carrots (65)WW Roll (240) |
| Ca550 | Carb70 | Na770 | Ca530 | Carb65 | Na590 | Ca745 | Carb70 | Na675 | Ca585 | Carb70 | Na660 |
| **18** Pork & Apples (215) Sweet Potato (55)Br. Sprouts (15)WW Bread (165) | **19** Beef & VeggieStew (480)Mshd Potato(110)MG Bread (150) | **20** Swedish Meatballs (255)Brown Rice (5)Green Beans (5)Oat Bread (150) | **21** Chicken w/Gravy (445)Stuffing (85)Mshd Potato(110)Butternut (15)LS Bread (0) | **22** Ravioli &Creamy Tomato Sauce (585) Zucchini Mix(10)LS Bread (0)Mandarins (5) |
| Ca640 | Carb70 | Na580 | Ca690 | Carb70 | Na870 | Ca590 | Carb65 | Na540 | Ca580 | Carb70 | Na780 | Ca485 | Carb65 | Na730 |
| **25** Garlic Pasta & Chicken (350)Broccoli (10)WW Bread (165) | **26** Tarragon Pork (360)Carrots (70)Corn (0)MG Bread (150) | fish_-_cartoon_01[1]**27** Lemon Garlic Fish (180) Veggie Rice (85)Capri Veg (15)MG Bread (150) | **28****Happy****Thanksgiving****No Meals Served** | **29****Day After Thanksgiving****No Meals Served** |
| Ca580 | Carb60 | Na690 | Ca640 | Carb65 | Na710 | Ca600 | Carb60 | Na560 |

**To Cancel Meals please call 978-686-1422 at least 24 hours prior to service.**

A $2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

*A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between*

*50–100 calories and under 100mg of sodium, to be eaten between meals*

**Menu Subject to Change Without Notice**

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