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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.org](mailto:lhartwell@agespan.org)  fish_-_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) | | |
| Ca  435 | Carb  45 | Na  740 |
| **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) | | |
| Ca  615 | Carb  70 | Na  840 | Ca  485 | Carb  60 | Na  785 | Ca  625 | Carb  55 | Na  585 | Ca  540 | Carb  55 | Na  700 | | Ca  575 | Carb  70 | Na  575 |
| **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) | | |
| Ca  550 | Carb  70 | Na  770 | Ca  530 | Carb  65 | Na  590 | Ca  745 | Carb  70 | Na  675 | | Ca  585 | Carb  70 | Na  660 |
| **18** Pork &  Apples (215)  Sweet Potato (55)  Br. Sprouts (15)  WW Bread (165) | | | **19** Beef & Veggie  Stew (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) | | |
| Ca  640 | Carb  70 | Na  580 | Ca  690 | Carb  70 | Na  870 | Ca  590 | Carb  65 | Na  540 | Ca  580 | Carb  70 | Na  780 | | Ca  485 | Carb  65 | Na  730 |
| **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** | | | |
| Ca  580 | Carb  60 | Na  690 | Ca  640 | Carb  65 | Na  710 | Ca  600 | Carb  60 | Na  560 |

**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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