|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | | **Friday** | | |
| Potassium (K), Sodium (Na) & Phosphorus (Phos) include: Entrée,  sides, dessert or fruit, bread, margarine, and juice.  Sodium (Na): Milligrams in parentheses  **Nutrition Questions?** Contact Leigh Hartwell  @ [lhartwell@agespan.org](mailto:lhartwell@agespan.org) or 978-651-3023 | | | | | | | | | | | | | **1 Cold**: Tuna Salad (240)  Garden Salad (35)  Pasta Salad (135)  Pita Bread (160)  Mixed Fruit (5) | | |
| K  680 | Phos  245 | Na  580 |
| **4** Lasagna  Alfredo\* (540)  Zucchini (5)  D.Roll (260)  Mandarins (10) | | | **5** Turkey  Pot Pie (365)  Corn (5)  Vienna Brd (180)  Fresh Fruit (5) | | | **6** Pork, Onions & Peppers (280)  Green Beans (5)  Butternut (20)  Roll (270)  Applesauce (20) | | | **7** Lemon Pepper Chicken (370)  Broccoli (10)  Rice Pilaf (40)  Yogurt (75)  Oat Bread (150) | | | | **8** Creamy Garlic Beef Pasta(480)  Peas (60)  D.Roll (260)  Grahams (70) | | |
| K  780 | Phos  520 | Na  820 | K  880 | Phos  290 | Na  555 | K  1070 | Phos  230 | Na  590 | K  830 | Phos  355 | Na  650 | | K  855 | Phos  560 | Na  875 |
| **11**  **Veteran’s Day**  **No Meals Served** | | | **12** Apricot Chicken (325)  Brown Rice (25)  Beets (140)  Mixed Fruit (5)  Oat Bread (150) | | | **13** Breaded  Fish (270)  Peas (60)  Warm Apple (10)  Bun (250)  Coleslaw (45) | | | **14 Cold**: Egg Salad (465)  Garden Salad (35)  Corn Salad (85)  LS Bread (0)  Yogurt (75) | | | | **15** Turkey Tetrazzini (220)  Carrots (65)  D.Roll (260)  Fresh Fruit (5) | | |
| K  930 | Phos  385 | Na  650 | K  835 | Phos  315 | Na  900 | K  650 | Phos  400 | Na  665 | | K  870 | Phos  295 | Na  555 |
| **18** Pork &  Apples (215)  Rice (5)  Br. Sprouts (15)  D.Roll (260)  Mixed Fruit (5) | | | **19** Beef & Veggie  Stew (480)  Corn (5)  D.Roll (260)  Yogurt (75) | | | **20** Swedish Meatballs (255)  White Rice (5)  Green Beans (5)  Oat Bread (150)  Pineapple (5) | | | **21** Chicken w/Gravy (445)  Stuffing (85)  Peas (60)  Butternut (15)  Applesauce (5)  LS Bread (0) | | | | **22** Ravioli & Sage Butter (485)  Zucchini Mix(10)  Garlic Roll (240)  Mandarins (5) | | |
| K  860 | Phos  260 | Na  515 | K  1000 | Phos  475 | Na  730 | K  1025 | Phos  255 | Na  420 | K  1100 | Phos  340 | Na  625 | | K  830 | Phos  315 | Na  750 |
| **25** Garlic Pasta  & Chicken (350)  Broccoli (10)  D.Roll (260)  Mixed Fruit (10) | | | **26** Tarragon  Pork (360)  Carrots (70)  Corn (0)  Roll (260)  Apples (10) | | | **27** Lemon Garlic Fish (180)  Veggie Rice (85)  Capri Veg (15)  Vienna Brd (180)  Yogurt (75) | | | **28**  **Happy**  **Thanksgiving**  **No Meals Served** | | | **29**  **Day After Thanksgiving**  **No Meals Served** | | | |
| K  820 | Phos  330 | Na  640 | K  865 | Phos  220 | Na  670 | K  665 | Phos  410 | Na  540 |

**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.

****