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| **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 or 978-651-3023 | **1 Cold**: Tuna Salad (240) Garden Salad (35)Pasta Salad (135)Pita Bread (160)Mixed Fruit (5) |
| K680 | Phos 245 | Na580 |
| **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) |
| K780 | Phos 520 | Na820 | K880 | Phos290  | Na555 | K1070 | Phos 230 | Na590 | K830 | Phos355  | Na650 | K855 | Phos560  | Na875 |
| **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) |
| K930 | Phos 385 | Na650 | K835 | Phos 315 | Na900 | K650 | Phos 400 | Na665 | K870 | Phos 295 | Na555 |
| **18** Pork & Apples (215) Rice (5)Br. Sprouts (15)D.Roll (260)Mixed Fruit (5) | **19** Beef & VeggieStew (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) |
| K860 | Phos260  | Na515 | K1000 | Phos475  | Na730 | K1025 | Phos 255 | Na420 | K1100 | Phos 340 | Na625 | K830 | Phos 315 | Na750 |
| **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** |
| K820 | Phos330  | Na640 | K865 | Phos 220 | Na670 | K665 | Phos410  | Na540 |

**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.

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