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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, bread, beverage & margarine.Cal = Total Calories, Carb = Total Carbohydrates, Na = Total Sodium (in parentheses)fish_-_cartoon_01[1]Alternate for fish available.  | **1** Omelet (310)Rstd Potato (5)Ratatouille (115)White Bread(130) | **2** Chicken Salad (395)Corn Salad (85)Carrot Slaw (95)LS Bread (0) | **3** Pot Roast (195)Beets (140)Butternut (25)D.Roll (120) |
| Cal525 | Carb50 | Na690 | Cal715 | Carb70 | Na705 | Cal465 | Carb50 | Na610 |
| **6** Lemon Pepper Chicken (330)Pasta (5)Broccoli (10)MG Bread (150) | **7** Meatloaf (340)Mshd Potato(110)Carrots (70)White Bread(130) | **8** Dijon Pork (350)Apples (10)Corn (5)D.Roll (240) | fish_-_cartoon_01[1]**9** Breaded Fish (270)Swt Potato (55)Cheesy Cauliflower (135)WW Bread (165) | **10** Stuffed Shells & Marinara(410)Capri Blend (15)Oat Bread (130) |
| Cal480 | Carb60 | Na630 | Cal615 | Carb70 | Na775 | Cal650 | Carb70 | Na730 | Cal660 | Carb70 | Na755 | Cal525 | Carb70 | Na795 |
| **13****No Meals****Indigenous Peoples’ Day** | **14** Stuffed Chicken (465)Rice Pilaf (40)Beets (140)White Bread(130) | **15** Beef Stew (480)Mshd Potato(110)D.Roll (120) | **16 Birthday**Ravioli & Turkey Bolognese (275)Broccoli (20)WW Bread (165) | **17** Omelet (310)Trky Sausage(280)Polenta (60)Vegetables (5)Oat Bread (140)Juice (0) |
| Cal580 | Carb65 | Na900 | Cal670 | Carb70 | Na840 | Cal630 | Carb70 | Na760 | Cal530 | Carb45 | Na825 |
| **20** Turkey Burger & Gravy (480)Mshd Potato (110)Green Beans (5)LS Bread (0) | fish_-_cartoon_01[1]**21** Garlic & Lemon Fish (95)Brown Rice (25)Spinach (210)Oat Bread (130) | **22** **Special:** Pork & Apples (215)Butternut (25)B.Sprouts (20)D.Roll (120) | **23** **Sheppard’s Pie**Beef&Gravy(205)Corn (5)Potatoes (110)MG Bread (150) | **24** Chicken Piccata & Pasta (530)Broccoli (10)WW Bread (165) |
| Cal525 | Carb55 | Na725 | Cal580 | Carb70 | Na585 | Cal585 | Carb65 | Na505 | Cal615 | Carb65 | Na600 | Cal505 | Carb65 | Na840 |
| **27** Beef Fajita Beef, Peppers & Onions (305)Rice & Beans (75)Tortilla (190) | **28** Coq au Vin (Chicken, Bacon & Veggies) (590)Potatoes (30)WW Bread (165) | **29** Egg Salad (350)Pasta Salad (10)Pita Bread (160)Juice (5) | fish_-_cartoon_01[1]**30** Crab Cake (510)Corn Blend (5)Peaches (30)D.Roll (120) | **31** Lasagna & Marinara (500)Green Beans (5)MG Bread (150) |
| Cal500 | Carb60 | Na710 | Cal650 | Carb70 | Na900 | Cal625 | Carb65 | Na590 | Cal525 | Carb60 | Na770 | Cal530 | Carb70 | Na785 |

**To Cancel Meals Please Call 978-686-1422 at least 24 Hours Before Service**

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

Brought to you by the Older Americans Act

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

Nutrition Questions? Contact Leigh @ 978-651-3023 or lhartwell@agespan.org

