|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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) | | |
| Cal  525 | Carb  50 | Na  690 | Cal  715 | Carb  70 | Na  705 | Cal  465 | Carb  50 | Na  610 |
| **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) | | |
| Cal  480 | Carb  60 | Na  630 | Cal  615 | Carb  70 | Na  775 | Cal  650 | Carb  70 | Na  730 | Cal  660 | Carb  70 | Na  755 | Cal  525 | Carb  70 | Na  795 |
| **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) | | |
| Cal  580 | Carb  65 | Na  900 | Cal  670 | Carb  70 | Na  840 | Cal  630 | Carb  70 | Na  760 | Cal  530 | Carb  45 | Na  825 |
| **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) | | |
| Cal  525 | Carb  55 | Na  725 | Cal  580 | Carb  70 | Na  585 | Cal  585 | Carb  65 | Na  505 | Cal  615 | Carb  65 | Na  600 | Cal  505 | Carb  65 | Na  840 |
| **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) | | |
| Cal  500 | Carb  60 | Na  710 | Cal  650 | Carb  70 | Na  900 | Cal  625 | Carb  65 | Na  590 | Cal  525 | Carb  60 | Na  770 | Cal  530 | Carb  70 | Na  785 |

**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](mailto:lhartwell@agespan.org)

A screenshot of a computer

AI-generated content may be incorrect.