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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine.  **Cal** = Calories, **Carb =** Carbohydrates  **Na** = Sodium (also in parentheses).  **Menu Subject to Change** | | | | | | **1** Omelet (310)  Trky Sausage(280)  Mangu (20)  Onions (200)  White Bread(130)  Fruit Whip (5) | | | **2** Turkey & Cheese (545)  Quinoa (135)  Garden Salad(35)  MG Bread (300)  Cookie (60) | | | **3** Pot Roast (50)  Beets (140)  Butternut (5)  Biscuit (280)  Fruit (5) | | |
| Cal  825 | Carb  95 | Na  1065 | Cal  705 | Carb  90 | Na  1210 | Cal  665 | Carb  80 | Na  600 |
| **6** Lemon Pepper Chicken (330)  Rice & (235)  Pigeon Peas  Cookie (60)  MG Bread (150) | | | **7** Meatloaf (200)  Mshd Potato(110)  Vegetables (5)  White Bread(130)  Fruit (5) | | | **8** Hot Dog (540)  Beans (165)  Apples (10)  Coleslaw (15)  Bun (270) | | | **9** Breaded  Fish (270)  Rice (315)  Cheesy  Cauliflower (135)  Pudding (190) | | | **10** Spaghetti & Meatballs (425)  w/Vegetables  Oat Bread (130)  Mandarins (5) | | |
| Cal  590 | Carb  75 | Na  905 | Cal  720 | Carb  85 | Na  570 | Cal  870 | Carb  95 | Na  1265 | Cal  915 | Carb  125 | Na  1290 | Cal  640 | Carb  80 | Na  800 |
| **13**  **No Meals**  **Indigenous Peoples’ Day** | | | **14** Stuffed Chicken (465)  White Rice (5)  Beets (140)  White Bread(130)  Mandarins (5) | | | **15** Braised Beef &Tomatoes (580)  Brown Rice (25)  Cornbread (180)  Fruit (5) | | | **16 Birthday**  Pastelon (375)  Broccoli (20)  Garlic Roll (240)  Cake (175) | | | **17** Omelet (310)  Trky Sausage(280)  Polenta (60)  Vegetables (5)  Fruit Loaf (170)  Juice, Yogurt(75) | | |
| Cal  640 | Carb  80 | Na  880 | Cal  965 | Carb  100 | Na  910 | Cal  1000 | Carb  100 | Na  940 | Cal  800 | Carb  95 | Na  1000 |
| **20** Turkey  Guisado (935)  Yucca (15)  Green Beans (5)  LS Bread (0)  Applesauce (20) | | | **21** Garlic & Lemon Fish (95)  Brown Rice (25)  Beans (400)  Oat Bread (130)  Gelatin (10) | | | **22** **Special:** Pork & Eggplant (485)  Butternut (25)  Baby Cabbage (15)  Baked Good(195)  Garlic Roll (240) | | | **23** Beef  Picadillo (175)  Corn (5)  Rice (5)  Biscuit (280)  Fruit (5) | | | **24** Chicken Parmesan & Pasta (725)  Broccoli (10)  WW Bread (185)  Fruit (5) | | |
| Cal  680 | Carb  100 | Na  1100 | Cal  610 | Carb  75 | Na  800 | Cal  1085 | Carb  130 | Na  1070 | Cal  810 | Carb  90 | Na  595 | Cal  880 | Carb  110 | Na  1145 |
| **27** Beef Fajita  Beef, Peppers & Onions (305)  Rice & Beans (75)  Tortilla (190)  Fruit (5) | | | **28** Chicken & Rice (520)  Vegetables (15)  Oat Bread (130)  Fruit (5) | | | **29** Meat Lover’s Pasta Salad (615)  Garden Salad (35)  Pita Bread (160)  Yogurt (75)  Juice (5) | | | **30** Crab  Cake (510)  Rice&Beans(100)  Peaches (5)  WW Roll (165)  Tomato Salad(40) | | | **31** Pork Fried Rice (635)  Green Beans (5)  MG Bread (150)  Pineapple(5) | | |
| Cal  580 | Carb  75 | Na  715 | Cal  730 | Carb  95 | Na  795 | Cal  720 | Carb  95 | Na  890 | Cal  795 | Carb  90 | Na  1290 | Cal  990 | Carb  115 | Na  930 |

**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

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.