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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) |
| Cal825 | Carb95 | Na1065 | Cal705 | Carb90 | Na1210 | Cal665 | Carb80 | Na600 |
| **6** Lemon Pepper Chicken (330)Rice & (235)Pigeon PeasCookie (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) |
| Cal590 | Carb75 | Na905 | Cal720 | Carb85 | Na570 | Cal870 | Carb95 | Na1265 | Cal915 | Carb125 | Na1290 | Cal640 | Carb80 | Na800 |
| **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) |
| Cal640 | Carb80 | Na880 | Cal965 | Carb100 | Na910 | Cal1000 | Carb100 | Na940 | Cal800 | Carb95 | Na1000 |
| **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) |
| Cal680 | Carb100 | Na1100 | Cal610 | Carb75 | Na800 | Cal1085 | Carb130 | Na1070 | Cal810 | Carb90 | Na595 | Cal880 | Carb110 | Na1145 |
| **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) |
| Cal580 | Carb75 | Na715 | Cal730 | Carb95 | Na795 | Cal720 | Carb95 | Na890 | Cal795 | Carb90 | Na1290 | Cal990 | Carb115 | Na930 |

**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.

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

