|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Totals include entrée, sides, dessert, fruit, bread, milk & margarine. \*High sodium item Shading = High sodium meal fish_-_cartoon_01[1]= Alternate for fish available. **Cal** = Calories, **Pro** = Protein, **Na** = Sodium (also in parentheses).**Menu Subject to Change** | **1** Omelet (310)Trky Sausage(280)Rstd Potato (5)Ratatouille (115)White Bread(130)Fruit Whip (5) | **2** Chicken Salad (395)Quinoa (135)Carrot Slaw (70)MG Bread (300)Cookie (60) | **3** Pot Roast (195)Beets (140)Butternut (25)Biscuit (280)Fruit (5) |
| Cal775 | Na975 | Pro30 | Cal895 | Na1095 | Pro45 | Cal610 | Na775 | Pro40 |
| **6** Lemon Pepper Chicken (330)Pasta, Beans & Veggies (420)Cookie (60)MG Bread (150) | **7** Meatloaf (340)Mshd Potato(110)Vegetables (55)White Bread(130)Fruit (5) | **8** Hot Dog\*(540)Bked Beans (370)Apples (10)Coleslaw (15)Bun (270) | fish_-_cartoon_01[1]**9** Breaded Fish (270)Swt Potato (55)Cheesy Cauliflower (135)Pudding (190) | **10** Stuffed Shells &Marinara(410)Capri Blend (15)Oat Bread (130)Mandarins (5) |
| Cal840 | Na1090 | Pro50 | Cal770 | Na765 | Pro40 | Cal840 | Na1475 | Pro30 | Cal865 | Na1160 | Pro35 | Cal590 | Na800 | Pro30 |
| **13****No Meals****Indigenous Peoples’ Day** | **14** Stuffed Chicken (465)Rice Pilaf (40)Beets (140)White Bread(130)Mandarins (5) | **15** Beef Stew (480)Mshd Potato(110)Cornbread (180)Fruit (5) | **16 Birthday**Ravioli & Turkey Bolognese (275)Broccoli (20)Garlic Roll (240)Cake (175) | **17** Omelet (310)Trky Sausage(280)Polenta (60)Vegetables (5)Fruit Loaf (170)Juice, Yogurt(75) |
| Cal650 | Na910 | Pro30 | Cal880 | Na900 | Pro40 | Cal800 | Na1130 | Pro60 | Cal800 | Na1000 | Pro25 |
| **20** Turkey & Gravy\*(765)Mshd Potato (110)Green Beans (5)LS Bread (0)Applesauce (20) | fish_-_cartoon_01[1]**21** Garlic & Lemon Fish (95)Brown Rice (25)Spinach (210)Oat Bread (130)Gelatin (10) | **22** **Special:** Pork & Apples (215)Butternut (25)B.Sprouts (20)Baked Good(195)Garlic Roll (240) | **23** **Sheppard’s Pie**Beef&Gravy(205)Corn (5)Potatoes (110)Biscuit (280)Fruit (5) | **24** Chicken Parmesan & Pasta\*(725)Broccoli (10)WW Bread (185)Fruit (5) |
| Cal505 | Na1030 | Pro35 | Cal660 | Na610 | Pro40 | Cal975 | Na820 | Pro45 | Cal745 | Na735 | Pro40 | Cal880 | Na1145 | Pro35 |
| **27** Beef Fajita Beef, Peppers & Onions (305)Rice & Beans (75)Tortilla (190)Fruit (5) | **28** Coq au Vin *Chicken, Bacon & Veggies* (170) Potatoes (30)Oat Bread (130)Fruit (5) | **29** Turkey\*(675)Waldorf SaladPasta Salad (10)Pita Bread (160)Yogurt (75)Juice (5) | fish_-_cartoon_01[1]**30** Crab Cake\* (510)Corn Blend (5)Peach Crisp (30)WW Roll (165)Tomato Salad(40) | **31** Butternut Mac & Cheese (295)Peas (60)MG Bread (150)Pineapple(5) |
| Cal580 | Na715 | Pro35 | Cal750 | Na880 | Pro35 | Cal750 | Na920 | Pro30 | Cal745 | Na1135 | Pro25 | Cal735 | Na650 | Pro30 |

**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

