|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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) | | |
| Cal  775 | Na  975 | Pro  30 | Cal  895 | Na  1095 | Pro  45 | Cal  610 | Na  775 | Pro  40 |
| **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) | | |
| Cal  840 | Na  1090 | Pro  50 | Cal  770 | Na  765 | Pro  40 | Cal  840 | Na  1475 | Pro  30 | Cal  865 | Na  1160 | Pro  35 | Cal  590 | Na  800 | Pro  30 |
| **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) | | |
| Cal  650 | Na  910 | Pro  30 | Cal  880 | Na  900 | Pro  40 | Cal  800 | Na  1130 | Pro  60 | Cal  800 | Na  1000 | Pro  25 |
| **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) | | |
| Cal  505 | Na  1030 | Pro  35 | Cal  660 | Na  610 | Pro  40 | Cal  975 | Na  820 | Pro  45 | Cal  745 | Na  735 | Pro  40 | Cal  880 | Na  1145 | Pro  35 |
| **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 Salad  Pasta 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) | | |
| Cal  580 | Na  715 | Pro  35 | Cal  750 | Na  880 | Pro  35 | Cal  750 | Na  920 | Pro  30 | Cal  745 | Na  1135 | Pro  25 | Cal  735 | Na  650 | Pro  30 |

**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.