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| **Monday** | | | **Tuesday** | | | **Wednesday** | | | **Thursday** | | | **Friday** | | |
| . Totals include entrée, sides, bread, beverage & margarine.  K = Potassium, Phos = Phosphorus &  Na = Total Sodium (also in parentheses)  **Menu Subject to Change without Notice**  Brought to you by the Older Americans Act | | | | | | **1** Omelet (310)  Rice (5)  Peas (60)  White Bread(130)  Yogurt (75) | | | **2** Chicken  Salad (395)  Quinoa (140)  Carrot Slaw (95)  LS Bread (0)  Cookies (100) | | | **3** Pot Roast (195)  Beets (140)  Butternut (25)  D.Roll (120)  Fruit (5) | | |
| K  650 | Phos  550 | Na  865 | K  900 | Phos  360 | Na  730 | K  975 | Phos  265 | Na  465 |
| **6** Lemon Pepper Chicken (330)  Pasta (5)  Broccoli (10)  D.Roll (260)  Grahams (70) | | | **7** Meatloaf (340)  Rice (5)  Carrots (70)  White Bread(130)  Fruit (5) | | | **8** Dijon  Pork (350)  Apples (10)  Corn (5)  D.Roll (240)  Coleslaw (15) | | | **9** Breaded  Fish (270)  Peas (60)  Cheesy Cauliflower (135)  WW Bread (165)  Yogurt (75) | | | **10** Stuffed Shells & Red Pepper Sauce (280)  Capri Blend (15)  Oat Bread (130)  Mandarins (5) | | |
| K  720 | Phos  340 | Na  680 | K  1005 | Phos  315 | Na  550 | K  750 | Phos  265 | Na  620 | K  880 | Phos  530 | Na  710 | K  745 | Phos  245 | Na  575 |
| **13**  **No Meals**  **Indigenous Peoples’ Day** | | | **14** Stuffed Chicken (465)  Rice Pilaf (40)  Beets (140)  White Bread(130)  Mandarins (5) | | | **15** Beef  Stew (480)  Couscous (5)  D.Roll (120)  Fruit (5) | | | **16** Garlic Pasta  & Ground  Turkey (325)  Broccoli (10)  Garlic Roll (240)  Cookies (100) | | | **17** Omelet (310)  Trky Sausage(280)  Polenta (60)  Vegetables (5)  Oat Bread (140)  Yogurt (75) | | |
| K  935 | Phos  265 | Na  785 | K  1060 | Phos  340 | Na  615 | K  585 | Phos  330 | Na  495 | K  720 | Phos  530 | Na  900 |
| **20** Turkey  Burger (525)  Carrots (70)  Green Beans (5)  Bun (250)  Applesauce (20) | | | **21** Garlic & Lemon Fish (95)  Brown Rice (25)  Beets (140)  Oat Bread (130)  Yogurt (75) | | | **22** **Special:** Pork & Apples (215)  Butternut (25)  B.Sprouts (20)  D.Roll (120)  Grahams (70) | | | **23** GroundBeef & Gravy (205)  Corn (5)  Cauliflower (15)  MG Bread (150)  Fruit (5) | | | **24** Chicken Piccata  & Pasta (530)  Broccoli (10)  WW Bread (165)  Fruit (5) | | |
| K  670 | Phos  310 | Na  865 | K  795 | Phos  450 | Na  465 | K  1015 | Phos  300 | Na  430 | K  910 | Phos  265 | Na  385 | K  915 | Phos  330 | Na  720 |
| **27** Beef Fajita  Beef, Peppers & Onions (305)  Rice (5)  Tortilla (190)  Fruit (5) | | | **28** Coq au Vin *Chicken, Bacon & Veggies* (590)  Orzo (30)  Oat Bread (165)  Fruit (5) | | | **29** Egg  Salad (350)  Pasta Salad (10)  Pita Bread (160)  Yogurt (75)  Juice (5) | | | **30** Crab  Cake (510)  Corn Blend (5)  Peaches (30)  D.Roll (120)  Cuke Salad (40) | | | **31** Butternut Mac & Cheese (295)  Green Beans (5)  MG Bread (150)  Pineapple(5) | | |
| K  670 | Phos  300 | Na  525 | K  910 | Phos  300 | Na  780 | K  665 | Phos  290 | Na  665 | K  735 | Phos  335 | Na  695 | K  705 | Phos  235 | Na  455 |

**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.

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.