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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) |
| K650 | Phos550 | Na865 | K900 | Phos360 | Na730 | K975 | Phos265 | Na465 |
| **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) |
| K720 | Phos340 | Na680 | K1005 | Phos315 | Na550 | K750 | Phos265 | Na620 | K880 | Phos530 | Na710 | K745 | Phos245 | Na575 |
| **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) |
| K935 | Phos265 | Na785 | K1060 | Phos340 | Na615 | K585 | Phos330 | Na495 | K720 | Phos530 | Na900 |
| **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) |
| K670 | Phos310 | Na865 | K795 | Phos450 | Na465 | K1015 | Phos300 | Na430 | K910 | Phos265 | Na385 | K915 | Phos330 | Na720 |
| **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) |
| K670 | Phos300 | Na525 | K910 | Phos300 | Na780 | K665 | Phos290 | Na665 | K735 | Phos335 | Na695 | K705 | Phos235 | Na455 |

**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

