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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1****Labor Day****No Meals Served** |  **2** Ham & Provolone  Quinoa Salad Zucchini Salad  Oat Bread  Applesauce |  **3 Shrimp** & Pasta Salad  Spinach Salad Dinner Roll Gelatin   | **4** Asian Chicken Salad Sesame Noodles  Pita Bread Mandarins  |  **5** Mediterranean  Bean Salad Curried Cauliflower MG Bread  Cookie  |
|  **8** Pesto Chicken Farro Salad Marinated Beets WW Burger Bun Cookie  | **9** BLT Salad w/Turkey  Bacon Black Eyed Pea Salad Vienna Bread Chilled Fruit | **10** Tortellini Salad w/Peas  Cucumber & Tomatoes Yogurt MG Bread | **11** Nicoise Salad (Green  Beans, Tuna, Onion,  Eggs, Tomatoes &  Potatoes) Broccoli Salad  Rye Bread Fresh Fruit  | **12** **No Meals****Staff Appreciation Day** |
| **15** Turkey & Pasta Salad Marinated Vegetables WW Dinner Roll  Chilled fruit | **16** Hawaiian  Chicken Salad  Potato Salad  Spinach Salad  Cookie  MG Bread | **17** Roast beef &  Garden Salad Sweet Potato Salad Pita Bread Fresh Fruit | **18** Ham & Swiss Cheese Tabouli  Cucumber & Tomatoes Applesauce WW Bread | **19** Lemon Chicken,  Broccoli & Rice  Zucchini Salad  WW Dinner Roll  Gelatin  |
| **22** Roast Beef & Cheese  Marinated Beets German Potato Salad Oat Bread  Chilled Fruit | **23** Cottage Cheese  Garden Salad  Pineapple  Fruit Loaf Pudding | **24** Egg Salad Tri Color Pasta Salad Coleslaw Cookie  Vienna Bread | **25 Shrimp** Caesar Salad Couscous Salad Fresh Fruit  Pita Bread  | **26** Honey Mustard  Chicken Salad Potato Salad  Carrot Salad  Applesauce  LS Wheat Bread  |
|  **29** Turkey & Swiss  Marinated Vegetables Potato Salad Rye Bread  Brownie Cookie |  **30** Seafood Salad Spinach Salad Sweet Potato Salad MG Bread Yogurt | Nutrition Questions? Leigh Hartwell 978-651-3023 or lhartwell@agespan.org A $2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Menu Subject to Change Without Notice Brought to you by the Older Americans Act |

**To cancel meals, call the nutrition office at 978-686-1422 at least 24 hours prior to service**

