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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**

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