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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1**  **Labor Day**  **No Meals Served** | **2** Meatloaf w/Gravy  Orzo  Peas  MG Bread  Chilled Fruit | **3 Cold:** DeliTurkey  Garden Salad  Tabouli  Gelatin  Vienna Bread | **4** BBQ Pulled Pork  Roasted Sweet Potato  Collard Greens  Burger Bun  Applesauce | **5** Crab Cake  Rice & Black Beans  Warm Peaches  Oat Bread  Tomato & Cuke Salad |
| **8** Sliced Turkey w/Gravy  White Rice  Carrots  LS Wheat Bread  Chilled Fruit | **9** BreadedChicken, Marinara & Pasta  Vegetable Blend  Garlic Roll  Grahams | **10** Hot Dog  Baked Beans  Cinnamon Apples  Coleslaw  Hot Dog Roll | **11 Cold:** Roast Beef  Potato Chips  Garden Salad  MG Bread  Fresh Fruit | **12**  **No Meals**  **Staff Appreciation Day** |
| **15** Hamburger  Sweet Potatoes  Beets  WW Burger Bun  Gelatin | **16** Breaded Fish  Corn Blend  White Rice  WW Bread  Chilled Fruit | 17 **Special:**  Hawaiian Chicken  Brown Rice  Warm Strawberry Rhubarb  Garden Salad  Dinner Roll | **18 Cold:** Turkey  Chef **S**alad  Northern Bean Salad  Fresh Fruit  Pita Bread | **19** Eggplant, Marinara  & Pasta  Capri Blend  LS Wheat Bread  Mandarins |
| **22** Garlic &  Herb Chicken  Vegetable Rice  MG Bread  Chilled Fruit | **23** Breaded Fish  Potatoes O’Brien  Carrots  Oat Bread  Gelatin | **24 Cold:** Deli Turkey  Three Bean Salad  Garden Salad  Wheat Bread  Chilled Fruit | 25 American  Chop Suey  Broccoli  WW Garlic Roll  Grahams | 26 Sausage  Peppers & Onions  Tater Tots  Roasted Butternut  Hot Dog Bun  Fresh Fruit |
| **29** Honey  Rosemary Pork  Corn  Cauliflower  WW Dinner Roll  Applesauce | **30** Pasta & Meatballs  Capri Blend  Oat bread  Mandarins | Nutrition Questions? Leigh Hartwell 978-651-3023 or [lhartwell@agespan.org](mailto: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**

A screenshot of a computer

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