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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1****Labor Day****No Meals Served** | **2** Meatloaf w/GravyOrzoPeasMG BreadChilled Fruit  | **3 Cold:** DeliTurkeyGarden SaladTabouliGelatinVienna Bread | **4** BBQ Pulled PorkRoasted Sweet PotatoCollard Greens Burger BunApplesauce  | **5** Crab CakeRice & Black Beans Warm PeachesOat Bread Tomato & Cuke Salad  |
| **8** Sliced Turkey w/GravyWhite RiceCarrots LS Wheat BreadChilled Fruit  | **9** BreadedChicken, Marinara & PastaVegetable BlendGarlic Roll Grahams | **10** Hot Dog Baked BeansCinnamon ApplesColeslawHot Dog Roll | **11 Cold:** Roast Beef Potato ChipsGarden SaladMG BreadFresh Fruit  | **12** **No Meals****Staff Appreciation Day** |
| **15** HamburgerSweet Potatoes BeetsWW Burger BunGelatin  | **16** Breaded FishCorn BlendWhite Rice WW BreadChilled Fruit  | 17 **Special:** Hawaiian Chicken Brown Rice Warm Strawberry RhubarbGarden Salad Dinner Roll | **18 Cold:** Turkey Chef **S**aladNorthern Bean SaladFresh Fruit Pita Bread | **19** Eggplant, Marinara& Pasta Capri Blend LS Wheat BreadMandarins |
| **22** Garlic & Herb Chicken Vegetable Rice MG BreadChilled Fruit  | **23** Breaded FishPotatoes O’Brien Carrots Oat Bread Gelatin | **24 Cold:** Deli TurkeyThree Bean SaladGarden Salad Wheat BreadChilled Fruit  | 25 American Chop SueyBroccoliWW Garlic RollGrahams | 26 SausagePeppers & OnionsTater TotsRoasted ButternutHot Dog BunFresh Fruit  |
| **29** Honey Rosemary Pork CornCauliflower WW Dinner RollApplesauce  | **30** Pasta & MeatballsCapri BlendOat breadMandarins | 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**

