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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1****Labor Day** **No Meals Served** | **2** Meatloaf w/GravyMashed PotatoesPeasHealthy ShakeFruit  | **3 Cold:** Egg Salad FruitPasta SaladYogurt JuiceHealthy Shake  | **4** BBQPulled PorkRoasted Sweet PotatoCauliflower Applesauce Healthy Shake | **5** Crab CakeMashed PotatoesWarm PeachesHealthy ShakePudding |
| **8** Turkey w/GravyMashed PotatoCarrots Healthy ShakeFruit | **9** Lasagna w/Marinara SpinachFruit Healthy Shake | **10** Pork & Creamy Garlic SauceMashed PotatoesCinnamon ApplesHealthy ShakeYogurt | **11 Cold:** Roast Beef Butternut SaladBeetsHealthy ShakeFruit | **12** **No Meals****Staff Appreciation Day** |
| **15** HamburgerSweet Potatoes BeetsHealthy Shake Yogurt | **16** Garlic Ginger FishSpinachMashed PotatoesHealthy Shake Fruit  | **17** Pineapple Chicken Mashed PotatoesCarrotsFruitHealthy Shake  | **18 Cold:** Deli TurkeyPasta Salad with Peas Healthy Shake Pudding | **19** Stuffed Shells w/Marinara Cauliflower Healthy Shake Fruit |
| **22** Garlic & HerbChicken Mashed Cauliflower Healthy Shake Fruit | **23** Broccoli & Cheese Egg BakeMashed Potatoes Carrots YogurtJuice Healthy Shake | **24 Cold:** Tuna Salad Orzo Fruit Healthy Shake Pudding | **25** American Chop SueyPeasHealthy ShakeFruit | **26** Pork & GravyBeets ButternutHealthy Shake Fruit  |
| **29** Rosemary Pork Sweet PotatoesCauliflower Applesauce Healthy Shake  | **30** Pasta & Meatballs CarrotsHealthy Shake Fruit | 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. 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**

Menu Subject to Change Without Notice

