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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1**  **Labor Day**  **No Meals Served** | **2** Meatloaf w/Gravy  Mashed Potatoes  Peas  Healthy Shake  Fruit | **3 Cold:** Egg Salad  Fruit  Pasta Salad  Yogurt  Juice  Healthy Shake | **4** BBQPulled Pork  Roasted Sweet Potato  Cauliflower  Applesauce  Healthy Shake | **5** Crab Cake  Mashed Potatoes  Warm Peaches  Healthy Shake  Pudding |
| **8** Turkey w/Gravy  Mashed Potato  Carrots  Healthy Shake  Fruit | **9** Lasagna w/Marinara  Spinach  Fruit  Healthy Shake | **10** Pork & Creamy Garlic Sauce  Mashed Potatoes  Cinnamon Apples  Healthy Shake  Yogurt | **11 Cold:** Roast Beef  Butternut Salad  Beets  Healthy Shake  Fruit | **12**  **No Meals**  **Staff Appreciation Day** |
| **15** Hamburger  Sweet Potatoes  Beets  Healthy Shake  Yogurt | **16** Garlic Ginger Fish  Spinach  Mashed Potatoes  Healthy Shake  Fruit | **17** Pineapple Chicken  Mashed Potatoes  Carrots  Fruit  Healthy Shake | **18 Cold:** Deli Turkey  Pasta 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 Bake  Mashed Potatoes  Carrots  Yogurt  Juice  Healthy Shake | **24 Cold:** Tuna Salad  Orzo  Fruit  Healthy Shake  Pudding | **25** American  Chop Suey  Peas  Healthy Shake  Fruit | **26** Pork & Gravy  Beets  Butternut  Healthy Shake  Fruit |
| **29** Rosemary Pork  Sweet Potatoes  Cauliflower  Applesauce  Healthy Shake | **30** Pasta & Meatballs  Carrots  Healthy Shake  Fruit | 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.  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

A screenshot of a computer

AI-generated content may be incorrect.