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| **August Cold Supper** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 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 | | | | **1** Italian Sub (Ham,Salami  Mortadella & Provolone)  Pasta Salad  Carrot Salad  Sub Roll  Applesauce |
| **4** Turkey Pasta Salad  Marinated Vegetables  WW Dinner Roll  Chilled fruit | **5** Hawaiian Chicken Salad  Potato Salad  Spinach Salad  Cookie  MG Bread | **6** Garden Salad &  Sliced Beef  Sweet Potato Salad  Pita Bread  Fresh Fruit | **7** Egg Salad  Tabouli  Cucumber Dill Salad  Applesauce  WW Bread | **8** LemonChicken, Rice  & Broccoli  Zucchini Salad  WW Dinner Roll  Gelatin |
| **11** Ham & Swiss Cheese  Potato Salad  Carrot Salad  Applesauce  LS Wheat Bread | **12** Cottage Cheese  Garden Salad  Pineapple  Fruit Loaf  Pudding | **13** Honey Mustard  Chicken Salad  Pasta Salad  Coleslaw  Cookie  Vienna Bread | **14 Shrimp** Caesar Salad  Couscous Salad  Fresh Fruit  Pita Bread | **15** Roast Beef &  American Cheese  Marinated Beets  German Potato Salad  Multigrain Bread  Chilled Fruit |
| **18** Turkey & Cheese  Marinated Vegetables  Potato Salad  Rye Bread  Brownie Cookie | **19** Seafood Salad  Spinach Salad  Sweet Potato Salad  Multigrain Bread  Pudding | **20** Chicken Cobb Salad  Lentil Salad  WW dinner roll  Chilled Fruit | **21** Meat Lovers Pasta  Salad  Tomato & Cucumbers  Oat Bread  Fresh Fruit | **22** CubanSandwich  **(**Pork, Ham & Swiss)  Potato Chips  Carrot Salad  Vienna Bread  Applesauce |
| **25** Honey BBQ Chicken  Green Bean Salad  Tri Color Pasta Salad  Bulkie Roll  Yogurt | **26** Turkey Cran Salad  Butternut Salad  Corn Salad  Oat Bread  Cookie | **27** Tuna Salad  Chickpea Salad  Coleslaw  WW bread  Fresh Fruit | **28** Vegetarian Chef Salad  (Egg & Kidney Beans)  Macaroni Coleslaw  Chilled Fruit  Pita Bread | **29** Roast Beef & Cheese  Marinated Beets  German Potato Salad  MG Bread  Chilled Fruit |

**To cancel meals, call the nutrition office at 978-686-1422 at least 24 hours prior to service**

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