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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 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 | | | | **1** Chicken Piccata  Rice Pilaf  Broccoli  WW Bread  Gelatin |
| **4** Hamburger  Roasted Sweet Potatoes  Beets  WW Burger Bun  Gelatin | **5** Breaded Fish  Chuckwagon Corn  White Rice  Dinner Roll  Lorna Doones | **6** Chicken Teriyaki  Green Beans  Vegetable Rice  MG Bread  Pineapple | **7 Cold**: Garden Salad & Turkey  Pasta Salad  Fresh Fruit  Pita Bread | **8** Breaded Eggplant w/Marinara Sauce  Pasta  Capri Blend  LS Wheat Bread  Mandarins |
| **11** Chicken, Peppers  & Onions  White Rice  MG Bread  Apple Slices | **12** American  Chop Suey  Broccoli  WW Garlic Roll  Fresh Fruit | **13 Cold:** Turkey Sandwich  Three Bean Salad  Garden Salad  Wheat Bread  Pineapple | 14 BBQ Pulled Pork  Warm Peaches  Green Beans  Corn Salad  Burger Bun | **15** Breaded Chicken  Potatoes O’Brien  Carrots  Dinner Roll  Gelatin |
| **18** Rosemary Pork  Corn  Cauliflower  WW Dinner Roll  Applesauce | **19** Pasta & Meatballs  Capri Blend  Oat bread  Mandarins | **20** Turkey Sausage  Roasted Potatoes  Ratatouille  Vienna Bread  Pineapple | **21 Cold:** Ham Sandwich  Citrus Quinoa Salad  Carrot Slaw  MG Bread  Cookie | **22** Pot Roast  Beets  Roasted Butternut  Dinner Roll  Fresh Fruit |
| **25** Thai Basil Beef  Broccoli  Brown Rice  WW Bread  Chilled fruit | **26** Hot Dog  Baked Beans  Cinnamon Apples  Coleslaw  Hot Dog Roll | **27 Cold:** Meat Lover’s Pasta Salad  Tomato & Cucumbers  Oat Bread  Fruit | **28** Chicken Marsala w/Mushrooms  Couscous  Green Beans  Grahams  Dinner Roll | **29** Lemon Fish  Corn  Carrots  MG Bread  Gelatin |

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

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AI-generated content may be incorrect.