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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 PilafBroccoliWW Bread Gelatin |
| **4** HamburgerRoasted Sweet Potatoes BeetsWW Burger BunGelatin  | **5** Breaded FishChuckwagon Corn White RiceDinner Roll Lorna Doones | **6** Chicken Teriyaki Green Beans Vegetable RiceMG BreadPineapple  | **7 Cold**: Garden Salad & TurkeyPasta Salad Fresh Fruit Pita Bread | **8** Breaded Eggplant w/Marinara Sauce PastaCapri Blend LS Wheat BreadMandarins |
| **11** Chicken, Peppers & OnionsWhite RiceMG BreadApple Slices  | **12** American Chop SueyBroccoliWW Garlic RollFresh Fruit  | **13 Cold:** Turkey SandwichThree Bean SaladGarden Salad Wheat BreadPineapple  | 14 BBQ Pulled PorkWarm PeachesGreen Beans Corn Salad Burger Bun  | **15** Breaded ChickenPotatoes O’Brien Carrots Dinner RollGelatin |
| **18** Rosemary Pork CornCauliflower WW Dinner RollApplesauce  | **19** Pasta & MeatballsCapri BlendOat breadMandarins  | **20** Turkey Sausage Roasted PotatoesRatatouille Vienna Bread Pineapple  | **21 Cold:** Ham SandwichCitrus Quinoa SaladCarrot SlawMG BreadCookie  | **22** Pot Roast Beets Roasted ButternutDinner RollFresh Fruit  |
| **25** Thai Basil Beef Broccoli Brown RiceWW BreadChilled fruit  | **26** Hot Dog Baked BeansCinnamon ApplesColeslaw Hot Dog Roll | **27 Cold:** Meat Lover’s Pasta SaladTomato & CucumbersOat BreadFruit | **28** Chicken Marsala w/Mushrooms CouscousGreen Beans Grahams Dinner Roll  | **29** Lemon Fish Corn CarrotsMG BreadGelatin |

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

