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| **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** Chicken Piccata  Peas  Pasta  Healthy Shake  Chocolate pudding |
| **4** Hamburger  Mashed Sweet Potatoes  Beets  Healthy Shake  Yogurt | **5** Garlic Ginger Fish  Spinach  Mashed Potatoes  Healthy Shake  Fruit | **6** Chicken Teriyaki  Mashed Potatoes  Carrots  Healthy Shake  Fruit | **7 Cold:** Deli Turkey  Pasta Salad & Peas Healthy Shake  Pudding | **8** Stuffed Shells  w/Marinara  Cauliflower  Healthy Shake  Fruit |
| **11** Chicken & Gravy  Mashed Butternut  Healthy Shake  Fruit | **12** American  Chop Suey  Peas  Healthy Shake  Fruit | **13 Cold:** Tuna Salad  Orzo  Pureed Fruit  Healthy Shake  Pudding | **14** BBQ Pulled Pork  Mashed Potatoes  Beets  Peaches  Healthy Shake | **15** Broccoli & Cheese Egg Bake  Mashed Potatoes  Carrots  Yogurt  Healthy Shake |
| **18** Rosemary Pork  Mashed Sweet Potatoes  Cauliflower  Applesauce  Healthy Shake | **19** Pasta & Meatballs  Cauliflower  Healthy Shake  Fruit | **20** Cheese Omelet  Turkey Sausage  Mashed Potatoes  Peas  Healthy Shake  Pudding | **21 Cold:**  Chicken Salad  Pasta Salad  Fruit  Yogurt  Healthy Shake | **22** Pot Roast  Beets  Mashed Butternut  Healthy Shake  Fruit |
| **25** Basil Beef  Carrots  Mashed Potatoes  Healthy Shake  Fruit | **26** Garlic Pork  Mashed Butternut  Cinnamon Apples  Yogurt  Healthy Shake | **27 Cold:** Tortellini Salad & Peas  Fruit  Healthy Shake  Pudding | **28** Marry Me Chicken  Pasta  Peas  Healthy Shake  Fruit | **29** LemonFish  Mashed Potatoes  Creamed Spinach  Healthy Shake  Fruit |

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

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