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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 PiccataPeasPastaHealthy Shake Chocolate pudding  |
| **4** HamburgerMashed Sweet Potatoes BeetsHealthy Shake Yogurt | **5** Garlic Ginger FishSpinachMashed PotatoesHealthy Shake Fruit | **6** Chicken TeriyakiMashed PotatoesCarrots Healthy Shake Fruit | **7 Cold:** Deli TurkeyPasta Salad & Peas Healthy Shake Pudding | **8** Stuffed Shells w/Marinara Cauliflower Healthy Shake Fruit |
| **11** Chicken & GravyMashed Butternut Healthy Shake Fruit | **12** American Chop SueyPeasHealthy Shake Fruit | **13 Cold:** Tuna Salad Orzo Pureed Fruit Healthy Shake Pudding | **14** BBQ Pulled PorkMashed PotatoesBeets PeachesHealthy Shake  | **15** Broccoli & Cheese Egg BakeMashed Potatoes Carrots YogurtHealthy Shake |
| **18** Rosemary PorkMashed Sweet PotatoesCauliflower Applesauce Healthy Shake  | **19** Pasta & Meatballs CauliflowerHealthy Shake Fruit | **20** Cheese Omelet Turkey SausageMashed PotatoesPeasHealthy Shake Pudding  | **21 Cold:** Chicken Salad Pasta Salad FruitYogurtHealthy Shake  | **22** Pot Roast Beets Mashed Butternut Healthy Shake Fruit |
| **25** Basil BeefCarrotsMashed PotatoesHealthy Shake Fruit | **26** Garlic Pork Mashed Butternut Cinnamon ApplesYogurtHealthy Shake  | **27 Cold:** Tortellini Salad & Peas FruitHealthy Shake Pudding | **28** Marry Me Chicken PastaPeasHealthy Shake Fruit | **29** LemonFish Mashed PotatoesCreamed SpinachHealthy Shake Fruit |

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

