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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Tortellini & Pea SaladCarrot SaladCookie Oat Bread | **3** Tarragon Turkey Salad Chickpea SaladCucumber SaladCanned FruitMG Bread | **4** Nicoise Salad (Green Beans, Tuna, Eggs, Tomatoes & Potatoes)Garden SaladRye BreadFresh Fruit  | **5** Honey Mustard Chicken Salad Sweet Potato SaladSpinach SaladPudding Vienna Bread | **6** Ham & CheesePasta Salad Marinated VeggiesApplesauce LS Wheat Bread  |
| **9** Grilled Chicken &American CheeseFarro SaladMarinated BeetsCanned FruitWW Burger Bun | **10** Mediterranean Bean Salad Carrot SaladVienna BreadYogurt | **11** Caprese Orzo Salad Zucchini SaladApplesauceWW Dinner Roll | **12** Italian Salad (Ham, Mortadella, Turkey Salami & Cheese)Potato Salad Pita BreadCookie | **13** Roast Beef & Provolone Potato Chips Broccoli SaladOat BreadFresh Fruit  |
| **16** Cuban Sandwich(Pork, Ham & Swiss)Butternut SaladMarinated VeggiesApplesauce Oat Bread | **17** Cottage Cheese Spinach Salad Pineapple Muffin Gelatin  | **18** Chicken Salad Corn Salad Tomato & White BeansFresh Fruit MG Bread | **19 Shrimp** Caesar Salad Potato SaladCookie Pita Bread | **20** Turkey & American CheesePasta Salad Brussels SproutsOat Bread Canned Fruit |
| **23** Grilled Chicken & American CheeseLentil SaladZucchini SaladCanned FruitWW Burger Bun | **24** Egg SaladCouscous SaladCarrot SlawWW BreadCookie | **25****Holiday No Meals** | **25** White Bean & Quinoa Salad Green Bean Salad Applesauce LS Wheat Bread  | **26** Egg Roll in a Bowl(Ground Beef & Veg)Sesame NoodlesGelatinDinner Roll |
| **30** Turkey & Swiss Marinated VeggiesOrzo SaladApplesauceRye Bread  | **31** Tuna SaladPotato Salad Carrot Slaw White BreadCanned Fruit | Menu Questions? Leigh Hartwell 978-651-3023 or Lhartwell@agespan.orgA $2.00 confidential donation is suggested per meal. Donation letters are mailed monthly.**Menu Subject to Change Without Notice** |

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

