|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Tortellini &  Pea Salad  Carrot Salad  Cookie  Oat Bread | **3** Tarragon  Turkey Salad  Chickpea Salad  Cucumber Salad  Canned Fruit  MG Bread | **4** Nicoise Salad (Green Beans, Tuna, Eggs, Tomatoes & Potatoes)  Garden Salad  Rye Bread  Fresh Fruit | **5** Honey Mustard  Chicken Salad  Sweet Potato Salad  Spinach Salad  Pudding  Vienna Bread | **6** Ham & Cheese  Pasta Salad  Marinated Veggies  Applesauce  LS Wheat Bread |
| **9** Grilled Chicken  &American Cheese  Farro Salad  Marinated Beets  Canned Fruit  WW Burger Bun | **10** Mediterranean  Bean Salad  Carrot Salad  Vienna Bread  Yogurt | **11** Caprese  Orzo Salad  Zucchini Salad  Applesauce  WW Dinner Roll | **12** Italian Salad (Ham, Mortadella, Turkey Salami & Cheese)  Potato Salad  Pita Bread  Cookie | **13** Roast Beef & Provolone  Potato Chips  Broccoli Salad  Oat Bread  Fresh Fruit |
| **16** Cuban Sandwich  (Pork, Ham & Swiss)  Butternut Salad  Marinated Veggies  Applesauce  Oat Bread | **17** Cottage Cheese  Spinach Salad  Pineapple  Muffin  Gelatin | **18** Chicken Salad  Corn Salad  Tomato & White Beans  Fresh Fruit  MG Bread | **19 Shrimp**  Caesar Salad  Potato Salad  Cookie  Pita Bread | **20** Turkey &  American Cheese  Pasta Salad  Brussels Sprouts  Oat Bread  Canned Fruit |
| **23** Grilled Chicken  & American Cheese  Lentil Salad  Zucchini Salad  Canned Fruit  WW Burger Bun | **24** Egg Salad  Couscous Salad  Carrot Slaw  WW Bread  Cookie | **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 Noodles  Gelatin  Dinner Roll |
| **30** Turkey & Swiss  Marinated Veggies  Orzo Salad  Applesauce  Rye Bread | **31** Tuna Salad  Potato Salad  Carrot Slaw  White Bread  Canned Fruit | Menu 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** | | |

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

