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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Sliced Turkey & Gravy  Corn  Green Beans  LS Wheat Bread  Applesauce | **3** Turkey Sausage  Roasted Potatoes  Honey Carrots  MG Bread  Peaches  Juice | **4** Orange Chicken  & Broccoli  Brown Rice  WW Dinner Roll  Mixed Fruit | **5** Hot Dog  Baked Beans  Cinnamon Apples  Slaw  Hot Dog Bun | **6** Beef Fajita with Peppers & Onions  Rice & Black Beans  Tortilla  Graham Crackers |
| **9** Salisbury Steak  w/Mushroom Gravy  White Rice  Root Veggies  WW Bread  Chilled Fruit | **10** Garlic & Herb Chicken  Orzo  Capri Blend  MG Bread  Lorna Doones | **11 Special:**  Apple Glazed Ham  Corn  Green Beans & Peppers  Chilled Fruit  Honey Wheat Roll | **12** Spaghetti  & Vegetable Marinara  Cauliflower  Oat Bread  Applesauce | **13 Cold:**  Deli Turkey  Garden Salad  Northern Bean Salad  Vienna Bread  Mixed Fruit |
| **16** Breaded Fish  Vegetable Rice S  WW Bread  Mandarins | **17** Turkey Pot Pie  Corn  Vienna Bread  Fresh Fruit | **18** American  Chop Suey  Brussels Sprouts  WW Garlic Roll  Gelatin | **19** Lemon  Pepper Chicken  Broccoli  Rice Pilaf  Lorna Doones  Oat Bread | **20** Pork Sausage, Peppers & Onions  Green Beans  Roasted Butternut  Hot Dog Bun  Applesauce |
| **23** Ground Beef  & Gravy  Corn  Carrots  MG Bread  Mixed Fruit | **24** Breaded Fish  Peas  Warm Apples  WW Burger Bun  Slaw | **25**  **Holiday No Meal** | **26** Pasta w/Turkey, Onions, Mushrooms  & Peas  Carrots  WW Roll  Fresh Orange | **27** Apricot Chicken  Rice Pilaf  Broccoli  Graham Crackers  Oat Bread |
| **30** Meatballs  Tomato & Garlic Sauce  Brown Rice  Green Beans  Oat Bread  Pineapple | **31** Bulgar Wheat Salad with Chickpeas  Beets  Garlic Roll  Mandarins | Menu 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** | | |

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

