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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Turkey & Gravy  Mashed Potato  Beets  Healthy Shake  Applesauce | **3** Cheese Omelet  Turkey Sausage  Mashed Potatoes  Honey Carrots  Yogurt & Juice  Healthy Shake | **4** Chicken  Alfredo Pasta  Peas  Healthy Shake  Fruit | **5** Dijon Pork  Carrots  Cinnamon Apples  Healthy Shake  Pudding | **6** Seasoned Beef  Mashed Sweet Potatoes  Healthy Shake  Fruit |
| **9** Salisbury Steak  & Mushroom Gravy  Mashed Potatoes  Mashed Butternut  Healthy Shake  Fruit | **10** Garlic Chicken  Orzo  Carrots  Fruit  Healthy Shake | **11 Special:** Apple Glazed Ham  Garlic Mashed Potatoes  Peas  Mousse  Healthy Shake | **12** Stuffed Shells  & Marinara Sauce  Cauliflower  Applesauce  Healthy Shake | **13 Cold**: Tuna Salad  Pasta Salad  Fruit  Yogurt  Healthy Shake |
| **16** Lasagna  & Alfredo Sauce  Spinach  Healthy Shake  Fruit | **17** Turkey Pot Pie  Mashed potato  Fruit  Healthy Shake | **18** American  Chop Suey  Peas  Yogurt  Healthy Shake | **19** Lemon  Pepper Chicken  Beets  Mashed Potatoes  Fruit  Healthy Shake | **20** Pork & Gravy  Roasted Butternut  Cauliflower  Applesauce  Healthy Shake |
| **23** Ground Beef  & Gravy  Beets  Mashed Potatoes  Healthy Shake  Fruit | **24** Breaded Fish  Mashed Sweet Potato  Warm Apples  Yogurt  Healthy Shake | **25**  **Holiday No Meal** | **26** Turkey Tetrazzini  Carrots  Fruit  Healthy Shake | **27** Apricot Chicken  Sweet Potato  Cauliflower  Healthy Shake  Pudding |
| **30** Swedish Meatballs  Pasta  Peas  Fruit  Healthy Shake | **31** Ravioli w/Creamy Tomato Sauce  Beets  Healthy Shake  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.**

