|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2** Turkey & GravyMashed PotatoBeetsHealthy Shake Applesauce  | **3** Cheese Omelet Turkey SausageMashed PotatoesHoney Carrots Yogurt & JuiceHealthy Shake  | **4** Chicken Alfredo PastaPeasHealthy Shake Fruit | **5** Dijon Pork CarrotsCinnamon ApplesHealthy Shake Pudding  | **6** Seasoned Beef Mashed Sweet PotatoesHealthy Shake Fruit  |
| **9** Salisbury Steak & Mushroom GravyMashed PotatoesMashed ButternutHealthy Shake Fruit  | **10** Garlic ChickenOrzo CarrotsFruit Healthy Shake  | **11 Special:** Apple Glazed Ham Garlic Mashed PotatoesPeasMousseHealthy Shake  | **12** Stuffed Shells & Marinara SauceCauliflowerApplesauceHealthy Shake  | **13 Cold**: Tuna Salad Pasta SaladFruit YogurtHealthy Shake  |
| **16** Lasagna & Alfredo Sauce SpinachHealthy Shake Fruit  | **17** Turkey Pot PieMashed potato Fruit Healthy Shake | **18** American Chop SueyPeasYogurtHealthy Shake  | **19** LemonPepper ChickenBeetsMashed PotatoesFruit Healthy Shake  | **20** Pork & GravyRoasted ButternutCauliflowerApplesauceHealthy Shake  |
| **23** Ground Beef & Gravy Beets Mashed Potatoes Healthy Shake Fruit  | **24** Breaded FishMashed Sweet PotatoWarm ApplesYogurtHealthy Shake  | **25** **Holiday No Meal** | **26** Turkey Tetrazzini Carrots Fruit Healthy Shake | **27** Apricot ChickenSweet PotatoCauliflowerHealthy Shake Pudding  |
| **30** Swedish Meatballs Pasta PeasFruit Healthy Shake | **31** Ravioli w/Creamy Tomato Sauce Beets Healthy Shake 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.**

