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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** Caprese Orzo Salad  Hard Boiled Egg  Zucchini Salad  WW Dinner Roll  Gelatin | **4** Ham & Cheese  Corn Salad  Garden Salad  LS Wheat Bread  Chilled Fruit | **5** BLT w/Turkey Bacon  Potato Salad  Cucumber Salad  Vienna Bread  Fresh Fruit | **6** Egg Salad  Quinoa salad  Carrot Slaw  Oat Bread  Cookie | **7** Teriyaki Chicken  Lo Mein  Broccoli Salad  Burger Bun  Applesauce |
| **10** Ham & Swiss Cheese  Marinated Beets  Pasta Salad  WW Bread  Cookie | **11** Seafood Salad  Sweet Potato Salad  Spinach Salad  White Bread  Chilled Fruit | **12** Tortellini Salad w/Peas  Cucumbers & Tomatoes  MG Bread  Applesauce | **13** Cobb Salad (Turkey, Egg, Cheese)  Imitation Bacon  Corn Salad  Pita Bread  Fresh Fruit | **14** Roast Beef & Provolone  Potato Salad  Roasted Carrot Salad  LS Wheat Bread  Yogurt |
| **17**  **Holiday**  **No Meals Served** | **18** Hummus  Tabbouleh  Broccoli Salad  Pita Bread  Cookie | **19 Shrimp** Pasta Salad  Spinach Salad  Dinner Roll  Gelatin | **20** Asian Chicken Salad  Sesame Noodles  WW Bread  Mandarins | **21** Turkey & Provolone  Lentil Salad  Green Bean Salad  Oat Bread  Chilled Fruit |
| **24** Ham & Cheese  Pasta Salad  Marinated Vegetables  LS Wheat Bread  Applesauce | **25** Honey Mustard Chicken Salad  Chickpea Salad  Brussels Sprout Salad  Vienna Bread  Cookie | **26** Turkey Salad  Sweet Potato Salad  Cucumber Salad  MG Bread  Chilled Fruit | **27** Sliced Beef  Garden Salad  Potato Salad  Pita Bread  Fresh Fruit | **28** Bean & Quinoa Salad  Zucchini Salad  WW Dinner Roll  Pudding |

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.**

