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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** Chicken &  Sausage Gumbo  White Rice  Oat Bread  Grahams | **4** Yankee Pot Roast  Carrots  Quinoa  WW Bread  Mixed Fruit | **5** Breaded Fish  Pasta & Peas  WW Dinner Roll  Mandarins | **6** Turkey & White  Bean Chili  Green Beans  MG Bread  Applesauce | **7** Breaded Chicken  Roasted Potatoes  Beets  WW Bread  Fresh Fruit |
| **10** Beef Burgundy  Brown Rice  Broccoli  MG Bread  Mixed Fruit | **11** Hot Dog  Baked Beans  Cinnamon Apples  Latin Slaw  Hot Dog Roll | **12 Cold:** Turkey  Garden Salad  Butternut Salad  Pita Bread  Fresh Fruit | **13 Special:** Chicken Scampi & Pasta  Capri Blend Vegetables  Garlic Dinner Roll  Chilled Fruit | **14** Pasta Fagioli: (Pasta, Beans & Veggies)  Cauliflower  Oat Bread  Lorna Doones |
| **17**  **No Meals Served**  **President’s Day** | **18** Meatballs  Tomato Garlic Sauce  WW Pasta  Green Beans  MG Bread  Pineapple | **19** Citrus &  Fennel Chicken  Roasted Sweet Potatoes  Broccoli  Oat Bread  Chilled Fruit | **20 Birthday**  Guinness Beef Stew  White Rice  WW Roll  Grahams | **21** Breaded Eggplant  Pasta Marinara  Zucchini Blend  WW Roll  Mandarins |
| **24** Turkey & Gravy  Corn  Green Beans  LS Wheat Bread  Applesauce | **25** Turkey Sausage  Roasted Potatoes  Honey Carrots  Oat Bread  Chilled Fruit | **26** American  Chop Suey  Zucchini  WW Garlic Roll  Mandarins | **27** Sweet &  Sour Chicken  Lo Mein  Steamed Veggies  MG bread  Fresh Orange | **28** Breaded Fish  Mixed Vegetables  Warm Blueberries  Garden Salad  Burger Bun |

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.**

