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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** Garlic & Herb Chicken  Mashed Potatoes & Butternut Squash  Healthy Shake  Pudding | **4** Pot Roast & Gravy  Carrots  Mashed Potatoes  Healthy Shake  Fruit | **5** Tuna Noodle Casserole  Peas  Healthy Shake  Fruit | **6** Turkey & Gravy  Mashed Sweet Potatoes  Healthy Shake  Applesauce | **7** Egg, Cheese & Broccoli  Mashed Potatoes  Beets  Yogurt  Juice  Healthy Shake |
| **10** Beef Burgundy  Mashed Potatoes  Peas  Healthy Shake  Fruit | **11** Dijon Pork  Cinnamon Apples  Sweet Potatoes  Healthy Shake  Pudding | **12 Cold:** Turkey Salad  Pureed Fruit  Butternut Salad  Healthy Shake  Yogurt | **13** Chicken Scampi  & Pasta  Carrots  Healthy Shake  Fruit | **14** Ravioli w/Marinara  Cauliflower  Healthy Shake  Fruit |
| **17**  **No Meals Served**  **President’s Day** | **18** Turkey A la King  Parmesan Risotto  Beets  Healthy Shake  Fruit | **19** Citrus &  Fennel Chicken  Roasted Sweet Potatoes  Cauliflower  Pudding  Healthy Shake | **20** Guinness Beef Stew  Mashed Potatoes  Healthy Shake  Yogurt | **21** Lasagna  Spinach  Healthy Shake  Fruit |
| **24** Turkey w/Gravy  Mashed Potato  Peas  Healthy Shake  Applesauce | **25** Cheese Omelet  Turkey Sausage  Mashed Potatoes  Honey Carrots  Yogurt  Juice  Healthy Shake | **26** American  Chop Suey  Cauliflower  Healthy Shake  Fruit | **27** Chicken Supreme  Roasted Butternut  Beets  Healthy Shake  Fruit | **28** Breaded Fish  Mixed Vegetables  Apples  Healthy Shake  Pudding |

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.**

