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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** Garlic & Herb Chicken Mashed Potatoes & Butternut SquashHealthy Shake Pudding  | **4** Pot Roast & Gravy Carrots Mashed PotatoesHealthy Shake Fruit  | **5** Tuna Noodle CasserolePeasHealthy Shake Fruit  | **6** Turkey & GravyMashed Sweet PotatoesHealthy ShakeApplesauce  | **7** Egg, Cheese & BroccoliMashed Potatoes BeetsYogurtJuice Healthy Shake  |
| **10** Beef BurgundyMashed Potatoes PeasHealthy Shake Fruit  | **11** Dijon PorkCinnamon ApplesSweet Potatoes Healthy Shake Pudding  | **12 Cold:** Turkey Salad Pureed Fruit Butternut SaladHealthy Shake Yogurt  | **13** Chicken Scampi & Pasta Carrots Healthy Shake Fruit  | **14** Ravioli w/MarinaraCauliflowerHealthy 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 CauliflowerPudding Healthy Shake  | **20** Guinness Beef StewMashed PotatoesHealthy Shake Yogurt  | **21** Lasagna SpinachHealthy Shake Fruit  |
| **24** Turkey w/GravyMashed PotatoPeasHealthy Shake Applesauce  | **25** Cheese Omelet Turkey SausageMashed PotatoesHoney Carrots YogurtJuice Healthy Shake  | **26** American Chop SueyCauliflowerHealthy Shake Fruit | **27** Chicken Supreme Roasted ButternutBeetsHealthy Shake Fruit  | **28** Breaded FishMixed VegetablesApples Healthy Shake Pudding  |

Menu Questions? Leigh Hartwell 978-651-3023 or 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.**

