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| Monday | Tuesday | Wednesday | Thursday | Friday |
| 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 | | **1**  **New Years Day**  **No Meals Served** | **2** Roast Beef & Provolone  Brussels Sprout Salad  Pasta Salad  Yogurt  WW Bread | **3** Tortellini Salad w/Peas  Marinated Beets  Cookie  MG Bread |
| 6 Turkey & Provolone  Lentil Salad  Zucchini Salad  Oat Bread  Chilled Fruit | **7** Deviled Egg Salad  Three Bean Salad  Coleslaw  WW Bread  Applesauce | **8 Shrimp** Pasta Salad  Spinach Salad  Dinner Roll  Gelatin | **9** Ginger Chicken  Garden Salad  Sesame Noodles  Pita Bread  Mandarins | **10** Hummus  Tabbouleh  Broccoli Salad  Pita Bread  Cookie |
| 13 Ham & Cheese  Pasta Salad  Marinated Vegetables  LS Wheat Bread  Applesauce | **14** Honey Mustard Chicken Salad  Chickpea Salad  Brussels Sprout Salad  Vienna Bread  Cookie | **15** Garden Salad  w/Roast Beef  Potato Salad  Pita Bread  Fresh Fruit | **16** Turkey Salad  Sweet Potato Salad  Cucumber Salad  MG Bread  Chilled Fruit | **17** White Bean & Quinoa Salad  Green Bean Salad  WW Dinner Roll  Pudding |
| 20  MLK Day  No Meals Served | **21** Pesto Chicken  Farro Salad  Marinated Beets  WW Burger Bun  Applesauce | **22** Turkey Chef Salad  Sweet Potato Salad  Pita Bread  Yogurt | **23** Italian Sub (Ham, Mortadella, Salami, Provolone & Sub Roll)  Pasta Salad  Roasted Carrot Salad  Fresh Fruit | **24** Mediterranean  Bean Salad\*  Zucchini Salad  Vienna Bread  Cookie |
| 27 Meat Lovers  Pasta Salad  Marinated Green Beans  WW Dinner Roll  Chilled Fruit | **28** Cuban **(**Pork, Ham, Swiss, Oat Bread)  Potato Salad  Coleslaw  Applesauce | **29** Chicken Salad  Corn Salad  Garden Salad  MG Bread  Cookie | **30** Tuna Pasta Salad  Tomato & Cucumbers  Vienna Bread  Fresh Fruit | **31** Cottage Cheese  Three Bean Salad  Pineapple  Fruit Loaf  Pudding |

**To cancel meals, call the nutrition office at 978-686-1422 at least 24 hours prior to service.**

