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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 Year’s Day** **No Meals Served** | **2** Chicken Alfredo & Pasta Carrots Healthy ShakeYogurt | **3** Dijon PorkButternut Cinnamon PearsHealthy ShakePudding |
| **6** Beef StewMashed PotatoesHealthy ShakePudding  | **7** Turkey A la King with MushroomsSweet Potatoes CauliflowerHealthy ShakeFruit | **8** Balsamic Chicken OrzoPeasHealthy ShakeYogurt | **9** Honey Garlic PorkMashed PotatoesCarrotsApplesauceHealthy Shake | **10** Lasagna &Marinara Sauce SpinachHealthy ShakeFruit |
| **13** Turkey & GravyMashed potatoButternut Healthy ShakeFruit | **14** Cheese Omelet Turkey SausageMashed PotatoesHoney Carrots Healthy ShakeYogurt & Juice  | **15** Teriyaki Chicken Beets Lo Mein Healthy ShakePudding | **16** American Chop SueyCauliflowerHealthy ShakeMandarins | **17** Breaded FishPeasWarm PeachesHealthy ShakeYogurt |
| **20** **MLK Day****No Meals Served** | **21** Sweet & Sour Pork CarrotsMashed PotatoesHealthy ShakeFruit | **22** Meatloaf w/GravyMashed PotatoesPeas Healthy ShakeYogurt | **23** Marry Me ChickenSweet PotatoesBeetsHealthy ShakeFruit | **24** Cheese Ravioliw/Lemon Basil SauceGarlic SpinachPudding Healthy Shake |
| **27** Chicken w/Gravy Mashed Potatoes CarrotsHealthy ShakeFruit | **28** Meatballs & Marinara Pasta Spinach Healthy ShakeFruit | **29** Salisbury SteakMushroom Gravy Mashed Potatoes BeetsHealthy ShakeYogurt | **30** Baked Ham Brown Sugar GlazeMashed Sweet Potatoes Warm Apples Healthy ShakePudding | **31** Macaroni & CheesePeas Healthy ShakeFruit |

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

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