|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 Shake  Yogurt | **3** Dijon Pork  Butternut  Cinnamon Pears  Healthy Shake  Pudding |
| **6** Beef Stew  Mashed Potatoes  Healthy Shake  Pudding | **7** Turkey A la King  with Mushrooms  Sweet Potatoes  Cauliflower  Healthy Shake  Fruit | **8** Balsamic Chicken  Orzo  Peas  Healthy Shake  Yogurt | **9** Honey Garlic Pork  Mashed Potatoes  Carrots  Applesauce  Healthy Shake | **10** Lasagna &  Marinara Sauce  Spinach  Healthy Shake  Fruit |
| **13** Turkey & Gravy  Mashed potato  Butternut  Healthy Shake  Fruit | **14** Cheese Omelet  Turkey Sausage  Mashed Potatoes  Honey Carrots  Healthy Shake  Yogurt & Juice | **15** Teriyaki Chicken  Beets  Lo Mein  Healthy Shake  Pudding | **16** American  Chop Suey  Cauliflower  Healthy Shake  Mandarins | **17** Breaded Fish  Peas  Warm Peaches  Healthy Shake  Yogurt |
| **20**  **MLK Day**  **No Meals Served** | **21** Sweet & Sour Pork  Carrots  Mashed Potatoes  Healthy Shake  Fruit | **22** Meatloaf w/Gravy  Mashed Potatoes  Peas  Healthy Shake  Yogurt | **23** Marry Me Chicken  Sweet Potatoes  Beets  Healthy Shake  Fruit | **24** Cheese Ravioli  w/Lemon Basil Sauce  Garlic Spinach  Pudding  Healthy Shake |
| **27** Chicken w/Gravy  Mashed Potatoes  Carrots  Healthy Shake  Fruit | **28** Meatballs  & Marinara  Pasta  Spinach  Healthy Shake  Fruit | **29** Salisbury Steak  Mushroom Gravy  Mashed Potatoes  Beets  Healthy Shake  Yogurt | **30** Baked Ham  Brown Sugar Glaze  Mashed Sweet Potatoes  Warm Apples  Healthy Shake  Pudding | **31** Macaroni & Cheese  Peas  Healthy Shake  Fruit |

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

****