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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell 978-651-3023 or lhartwell@agespan.org  |  **1** Deviled Egg Salad Three Bean Salad Confetti Coleslaw Applesauce  MG Bread |  **2** Ham ChefSalad  Sweet Potato Salad Yogurt Pita Bread |  **3** Quinoa & Bean Salad  Corn  Zucchini Salad Cookie Vienna Bread | **4** **Holiday No Meal** |
|  **7** Turkey & Swiss  Marinated Vegetables Potato Salad Rye Bread  Brownie Cookie |  **8** Seafood Salad Spinach Salad Sweet Potato Salad MG Bread Pudding |  **9** Meat Lovers Pasta Salad Tomato & Cucumber Oat Bread  Fresh Fruit  |  **10** Chicken Cobb Salad Lentil Salad WW Roll Chilled Fruit |  **11 Cuban Sandwich:** Pork, Ham & Swiss  Potato Chips Carrot Salad Vienna Bread Applesauce |
|  **14** Honey BBQ Chicken Broccoli Salad Pasta Salad Roll Yogurt |  **15** Turkey &  Cranberry Salad Butternut Salad Corn Salad Oat Bread  Cookie |  **16** Tuna Salad Chickpea Salad Coleslaw WW Bread Fresh Fruit |  **17** Vegetarian Chef Salad Macaroni Coleslaw Chilled Fruit Pita Bread  |  **18** Roast Beef & Cheese  Marinated Beets German Potato Salad MG Bread  Chilled Fruit |
|  **21** Ham & Provolone  Quinoa Salad Zucchini Salad  Oat Bread  Chilled Fruit |  **22 Shrimp** Pasta Salad  Spinach Salad Dinner Roll Gelatin   | **23** Asian Chicken Salad Sesame Noodles  Pita Bread Mandarins  | **24** Deviled Egg Salad Potato Salad  Carrot Slaw Fresh Fruit  WW Bread | **25** Mediterranean  Bean Salad Curried Cauliflower MG Bread  Cookie  |
| **28** Grilled Pesto Chicken Farro Salad Marinated Beets Chilled FruitBun | **29** BLT Salad with  Turkey Bacon  Black Eyed Pea Salad Vienna Bread Cookie  | **30** Tortellini Salad w/Peas  Cucumber & Tomatoes Yogurt MG Bread | **31** Nicoise Salad (Green  Beans, Tuna, Onion,  Eggs, Tomato & Potato) Broccoli Salad  Rye Bread Fresh Fruit  | A $2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. |

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

Menu Subject to Change Without Notice **-** Brought to you by the Older Americans Act.

