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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell  978-651-3023 or [lhartwell@agespan.org](mailto: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 Fruit  Bun | **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.

