|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell  978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org) | **1** Breaded Fish  Corn  Brussels Sprouts  WW Burger Bun  Chilled Fruit | **2** Beef, Peppers & Onions  Black Beans  Spanish Rice  Tortilla  Gelatin | **3** Sesame Chicken  Sweet Potatoes  Warm Berries  Garden Salad  Oat Bread | **4**  **Holiday No Meal** |
| **7** Honey &  RosemaryPork  Corn  Cauliflower  WW Dinner Roll  Lorna Doones | **8** Pasta & Meatballs  Capri Blend  Oat bread  Pineapple | **9 Cold:** Deli Turkey  Orzo Salad  Coleslaw  Gelatin  LS Wheat Bread | **10** Yankee Pot Roast  Beets  Roasted Butternut  WW Bread  Fresh Fruit | **11** Turkey Sausage  Roasted Potatoes  Ratatouille  MG Bread  Applesauce |
| **14** Ground Beef  & Cabbage  Potatoes &  Red Peppers  Rye Bread  Chilled Fruit | **15** Fish w/Garlic & Lemon Butter  Corn  Carrots  MG Bread  Gelatin | **16 Cold:** Meat Lover’s Pasta Salad  Tomato & Cucumbers  Grahams  Oat Bread | **17** Chicken Marsala  w/ Mushrooms  Couscous  Green beans  Dinner Roll  Orange | **18** Turkey Chili  Brown Rice  Dinner Roll  Mandarins |
| **21** HawaiianChicken w/Pineapple & Peppers  White Rice  Asian Blend Veggies  Chilled Fruit  WW Dinner Roll | **22** Meatloaf w/Gravy  Orzo  Peas  MG Bread  Fresh Fruit | **23 Cold: Italian:** Ham, Mortadella & Salami  Garden Salad  Tabouli  Gelatin, Sub Roll | **24** Pulled Pork  Sweet Potatoes  Collard Greens  Burger Bun  Lorna Doones | **25** Tofu Pad Thai  Steamed Veggies  Oat Bread  Chilled Fruit |
| **28** Turkey w/Gravy  White Rice  Carrots  LS Wheat Bread  Chilled Fruit | **29** Breaded Chicken  Pasta & Marinara  Veg Blend  Garlic Roll  Grahams | **30** Hot Dog  Baked Beans  Warm Apples  Coleslaw  Hot Dog Roll | **31 Cold:** Roast Beef  Potato Chips  Garden Salad  MG 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.

