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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell 978-651-3023 or lhartwell@agespan.org  | **1** Breaded FishCorn Brussels SproutsWW Burger Bun Chilled Fruit  | **2** Beef, Peppers & Onions Black Beans Spanish RiceTortilla Gelatin  | **3** Sesame ChickenSweet PotatoesWarm BerriesGarden SaladOat Bread | **4** **Holiday No Meal** |
| **7** Honey &RosemaryPork Corn Cauliflower WW Dinner RollLorna Doones | **8** Pasta & MeatballsCapri BlendOat breadPineapple  | **9 Cold:** Deli TurkeyOrzo Salad ColeslawGelatinLS Wheat Bread | **10** Yankee Pot Roast Beets Roasted Butternut WW Bread Fresh Fruit  | **11** Turkey SausageRoasted PotatoesRatatouille MG BreadApplesauce |
| **14** Ground Beef & CabbagePotatoes & Red PeppersRye BreadChilled Fruit | **15** Fish w/Garlic & Lemon ButterCorn CarrotsMG BreadGelatin | **16 Cold:** Meat Lover’s Pasta Salad Tomato & CucumbersGrahams Oat Bread | **17** Chicken Marsala w/ MushroomsCouscousGreen beans Dinner Roll Orange | **18** Turkey Chili Brown RiceDinner RollMandarins  |
| **21** HawaiianChicken w/Pineapple & PeppersWhite Rice Asian Blend Veggies Chilled FruitWW Dinner Roll | **22** Meatloaf w/GravyOrzoPeasMG BreadFresh Fruit | **23 Cold: Italian:** Ham, Mortadella & SalamiGarden SaladTabouliGelatin, Sub Roll | **24** Pulled PorkSweet PotatoesCollard Greens Burger BunLorna Doones | **25** Tofu Pad ThaiSteamed Veggies Oat Bread Chilled Fruit |
| **28** Turkey w/GravyWhite RiceCarrots LS Wheat BreadChilled Fruit  | **29** Breaded Chicken Pasta & Marinara Veg BlendGarlic Roll Grahams | **30** Hot Dog Baked BeansWarm ApplesColeslawHot Dog Roll | **31 Cold:** Roast Beef Potato ChipsGarden SaladMG BreadFresh 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.

