|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell 978-651-3023 or lhartwell@agespan.org  | **1** Breaded FishPastaBeetsHealthy ShakeFruit | **2** BeefMashed PotatoesPeasPudding Healthy Shake | **3** Supreme Chicken Sweet PotatoesCauliflowerHealthy ShakeYogurt | **4** **Holiday No Meal** |
| **7** RosemaryPorkSweet PotatoesCauliflower Fruit Healthy Shake | **8** Pasta & Meatballs CarrotsFruit Healthy Shake | **9 Cold:** Egg SaladOrzoFruit Healthy ShakeYogurt | **10** Pot Roast Beets Mashed Butternut Pudding Healthy Shake | **11** Cheese Omelet Turkey SausageMashed PotatoesPeas, Applesauce Healthy Shake |
| **14** Ground Beef & GravyMashed ButternutHealthy ShakeFruit | **15** LemonFish Mashed PotatoesCreamed SpinachHealthy ShakeYogurt | **16 Cold:** Tortellini Salad w/Peas Fruit Pudding Healthy Shake | **17** Marry Me Chicken Mashed PotatoesCarrotsHealthy Shake, Fruit | **18** Ground Turkey with Carrots & PeasSweet PotatoesHealthy ShakeFruit |
| **21** Pineapple ChickenMashed PotatoesCarrotsHealthy ShakeFruit | **22** Meatloaf Mashed PotatoesPeasHealthy ShakeFruit | **23 Cold:** Seafood SaladPasta SaladFruit, Yogurt, JuiceHealthy Shake | **24** BBQ Pulled PorkSweet PotatoesCauliflowerPudding Healthy Shake | **25** Macaroni & CheeseBeetsHealthy ShakeFruit  |
| **28** Turkey Mashed PotatoCarrots Healthy ShakeFruit | **29** Lasagna & Marinara SpinachHealthy ShakeFruit | **30** GarlicPork Mashed PotatoesCinnamon ApplesHealthy ShakeYogurt | **31 Cold:** Roast Beef BeetsButternut SaladHealthy ShakeFruit | 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.

