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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** Breaded Fish  Pasta  Beets  Healthy Shake  Fruit | **2** Beef  Mashed Potatoes  Peas  Pudding  Healthy Shake | **3** Supreme Chicken  Sweet Potatoes  Cauliflower  Healthy Shake  Yogurt | **4**  **Holiday No Meal** |
| **7** RosemaryPork  Sweet Potatoes  Cauliflower  Fruit  Healthy Shake | **8** Pasta & Meatballs  Carrots  Fruit  Healthy Shake | **9 Cold:** Egg Salad  Orzo  Fruit  Healthy Shake  Yogurt | **10** Pot Roast  Beets  Mashed Butternut  Pudding  Healthy Shake | **11** Cheese Omelet  Turkey Sausage  Mashed Potatoes  Peas, Applesauce  Healthy Shake |
| **14** Ground Beef & Gravy  Mashed Butternut  Healthy Shake  Fruit | **15** LemonFish  Mashed Potatoes  Creamed Spinach  Healthy Shake  Yogurt | **16 Cold:** Tortellini Salad w/Peas  Fruit  Pudding  Healthy Shake | **17** Marry Me Chicken  Mashed Potatoes  Carrots  Healthy Shake, Fruit | **18** Ground Turkey with Carrots & Peas  Sweet Potatoes  Healthy Shake  Fruit |
| **21** Pineapple Chicken  Mashed Potatoes  Carrots  Healthy Shake  Fruit | **22** Meatloaf  Mashed Potatoes  Peas  Healthy Shake  Fruit | **23 Cold:** Seafood Salad  Pasta Salad  Fruit, Yogurt, Juice  Healthy Shake | **24** BBQ Pulled Pork  Sweet Potatoes  Cauliflower  Pudding  Healthy Shake | **25** Macaroni  & Cheese  Beets  Healthy Shake  Fruit |
| **28** Turkey  Mashed Potato  Carrots  Healthy Shake  Fruit | **29** Lasagna & Marinara  Spinach  Healthy Shake  Fruit | **30** GarlicPork  Mashed Potatoes  Cinnamon Apples  Healthy Shake  Yogurt | **31 Cold:** Roast Beef Beets  Butternut Salad  Healthy Shake  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.

