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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell 978-651-3023 or [lhartwell@agespan.org](mailto:lhartwell@agespan.org) A $2.00 confidential donation is suggested per meal. Donation letters are mailed monthly.  **Menu Subject to Change Without Notice** | | | **1** Thai Chicken Pasta Salad  Cucumber Salad  WW Roll  Cookie | **2** Turkey & Cheese  Orzo Salad  Carrot Salad  Bulkie Roll  Yogurt |
| **5** White Bean &  Farro Salad  Zucchini Salad  WW Roll  Pudding | **6** Turkey & Cran Salad  Pasta Salad  Carrot Slaw  Rye Bread  Fresh Fruit | **7** Southwest  Chicken Salad  Corn & Black Beans  Pita Bread  Applesauce | **8** Shrimp Pasta Salad  Tomato Basil Salad  MG Bread  Cookie | **9** Ham, Mortadella,  Salami, Provolone  Potato Chips  Marinated Beets  Sub Roll  Chilled Fruit |
| **12** Turkey Club Pasta Salad  Marinated Veggies  WW Dinner Roll  Chilled fruit | **13** Chicken  Waldorf Salad  Cucumber Salad  Butternut Salad  Oat Bread  Gelatin | **14** Roast Beef & Provolone  Black Eyed Peas  Brussels Salad  Chilled fruit  WW Bread | **15** Nicoise Salad, (Green Beans, Tuna,  Eggs, Potatoes, Onion)  Garden Salad  Rye Bread  Fresh Fruit | **16** Hummus  Tabbouleh  Broccoli Salad  Pita Bread  Cookie |
| **19** GrilledChicken & Provolone  Pesto Pasta Salad  Marinated Beets  WW Burger Bun  Chilled Fruit | **20** Deviled Egg Salad  Three Bean Salad  Confetti Coleslaw  Applesauce  MG Bread | **21** Chef Salad w/Ham & Cheese  Sweet Potato Salad  Yogurt  Pita Bread | **22** Seafood Salad  Lemon Orzo Salad  Cucumber Dill Salad  WW Bread  Fresh Fruit | **23** Quinoa & Black Eyed Peas Salad Zucchini Salad  Cookie  Vienna Bread |
| **26**  **Holiday No Meals** | **27** Cuban (Pork, Ham  & Swiss)  Potato Salad  Marinated Veggies  Applesauce  Vienna Bread | **28** Ground Turkey Taco Salad  Black Bean & Corn  Tortilla Chips  Pudding | **29** Roast Beef &  Provolone  Butternut Salad  Brussels Salad  Chilled fruit  WW Bread | **30** Tortellini  Salad w/Peas  Carrot Salad  Cookie  MG Bread |

**To cancel meals, call the nutrition office at 978-686-1422 at least 24 hours prior to service.**

