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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Leigh Hartwell 978-651-3023 or 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 SaladCucumber Salad WW Roll Cookie  | **2** Turkey & CheeseOrzo Salad Carrot SaladBulkie RollYogurt  |
| **5** White Bean & Farro SaladZucchini Salad WW Roll Pudding  | **6** Turkey & Cran SaladPasta SaladCarrot SlawRye BreadFresh Fruit | **7** Southwest Chicken SaladCorn & Black BeansPita Bread Applesauce  | **8** Shrimp Pasta Salad Tomato Basil SaladMG Bread Cookie  | **9** Ham, Mortadella,Salami, ProvolonePotato ChipsMarinated Beets Sub RollChilled Fruit |
| **12** Turkey Club Pasta SaladMarinated Veggies WW Dinner Roll Chilled fruit  | **13** Chicken Waldorf Salad Cucumber SaladButternut SaladOat BreadGelatin | **14** Roast Beef & ProvoloneBlack Eyed Peas Brussels SaladChilled fruitWW Bread | **15** Nicoise Salad, (Green Beans, Tuna, Eggs, Potatoes, Onion)Garden SaladRye BreadFresh Fruit  | **16** Hummus Tabbouleh Broccoli SaladPita Bread Cookie  |
| **19** GrilledChicken & Provolone Pesto Pasta SaladMarinated Beets WW Burger Bun Chilled Fruit | **20** Deviled Egg SaladThree Bean SaladConfetti ColeslawApplesauce MG Bread | **21** Chef Salad w/Ham & CheeseSweet Potato SaladYogurtPita Bread | **22** Seafood SaladLemon Orzo SaladCucumber Dill Salad WW BreadFresh Fruit  | **23** Quinoa & Black Eyed Peas Salad Zucchini SaladCookieVienna Bread |
| **26** **Holiday No Meals** | **27** Cuban (Pork, Ham& Swiss)Potato SaladMarinated VeggiesApplesauce Vienna Bread | **28** Ground Turkey Taco SaladBlack Bean & CornTortilla Chips Pudding  | **29** Roast Beef &Provolone Butternut SaladBrussels SaladChilled fruitWW Bread | **30** Tortellini Salad w/Peas Carrot SaladCookie MG Bread |

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

