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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Nutrition Questions? Contact Leigh 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** Chicken, Egg,  Cheese & Garden Salad  Lentil Salad  WW Dinner Roll | **2** Mediterranean Bean  & Pasta Salad  Tomato &/Cucumbers  Oat Bread  Fresh Fruit | **3 Cuban:** Sliced Pork, Ham & Swiss Cheese  Carrot Salad  Vienna Bread  Applesauce |
| **6** Roast Beef & Swiss  Marinated Veggies  Rye Bread  Applesauce | **7** Egg Salad  Potato Salad  Carrot Slaw  White Bread  Canned Fruit | **8** Vegetarian Chef Salad  (Kidney Beans, Cheese,  Egg & Mixed Greens)  Pesto Pasta Salad  Pita Bread  Cookie | **9** Chicken & Quinoa  Green Bean Salad  WW Dinner Roll  Yogurt | **10** Turkey & Provolone  Marinated Beets  Corn Salad  WW Bread  Fresh Fruit |
| **13**  **No Meals**  **Indigenous Peoples’ Day** | **14** Hummus  Tabbouleh  Broccoli Salad  Pita Bread  Cookie | **15** Southwest Chicken & Garden Salad  Corn & Black Beans  Dinner Roll  Pudding | **16** Seafood Salad  Lentil Salad  Coleslaw  Oat Bread  Chilled Fruit | **17** Ham & Cheese  Butternut Salad  Brussels Sprouts  MG Bread  Applesauce |
| **20** Tortellini Salad  with Peas  Carrot Salad  Oat Bread  Cookie | **21** Turkey &  Cranberry Salad  Sweet Potato Salad  Cucumber Salad  MG Bread  Chilled Fruit | **22** Nicoise Salad  (Tuna, Green Beans,  Tomatoes & Potatoes)  Garden Salad  Rye Bread  Fresh Fruit | **23** Honey Mustard  Chicken Salad  Chickpea Salad  Spinach Salad  Vienna Bread  Gelatin | **24** Ham & Cheese  Pasta Salad  Marinated Vegetables  LS Bread  Applesauce |
| **27** Grilled Chicken &  American Cheese  Farro Salad  Marinated Beets  WW Roll  Chilled Fruit | **28** Caprese Salad  (Tomato, Mozzarella,  Basil & Orzo)  Zucchini Salad  Dinner Roll  Applesauce | **29** Italian Chef Salad  Ham, Mortadella,  & Turkey Salami  Garden Salad  Potato Salad  Pita Bread, Cookie | **30** Mediterranean  Bean Salad  Carrot Salad  Vienna Bread  Yogurt | **31** Roast Beef &  Provolone Cheese  Potato Chips  Broccoli Salad  Oat Bread  Fresh Fruit |

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

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