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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 SaladLentil SaladWW Dinner Roll | **2** Mediterranean Bean& Pasta SaladTomato &/CucumbersOat BreadFresh Fruit | **3 Cuban:** Sliced Pork, Ham & Swiss CheeseCarrot SaladVienna BreadApplesauce |
| **6** Roast Beef & SwissMarinated VeggiesRye BreadApplesauce | **7** Egg SaladPotato SaladCarrot SlawWhite BreadCanned Fruit | **8** Vegetarian Chef Salad(Kidney Beans, Cheese,Egg & Mixed Greens)Pesto Pasta SaladPita Bread Cookie | **9** Chicken & QuinoaGreen Bean SaladWW Dinner RollYogurt | **10** Turkey & Provolone Marinated BeetsCorn SaladWW BreadFresh Fruit |
| **13** **No Meals****Indigenous Peoples’ Day** | **14** HummusTabboulehBroccoli SaladPita BreadCookie | **15** Southwest Chicken & Garden SaladCorn & Black BeansDinner RollPudding | **16** Seafood SaladLentil SaladColeslaw Oat Bread Chilled Fruit | **17** Ham & CheeseButternut SaladBrussels SproutsMG BreadApplesauce |
| **20** Tortellini Salad with PeasCarrot SaladOat BreadCookie | **21** Turkey & Cranberry SaladSweet Potato SaladCucumber SaladMG BreadChilled Fruit | **22** Nicoise Salad(Tuna, Green Beans,Tomatoes & Potatoes)Garden SaladRye BreadFresh Fruit | **23** Honey MustardChicken SaladChickpea SaladSpinach SaladVienna BreadGelatin | **24** Ham & CheesePasta SaladMarinated VegetablesLS BreadApplesauce |
| **27** Grilled Chicken &American CheeseFarro SaladMarinated BeetsWW RollChilled Fruit | **28** Caprese Salad(Tomato, Mozzarella,Basil & Orzo)Zucchini SaladDinner RollApplesauce | **29** Italian Chef SaladHam, Mortadella, & Turkey SalamiGarden SaladPotato SaladPita Bread, Cookie | **30** MediterraneanBean SaladCarrot SaladVienna BreadYogurt | **31** Roast Beef &Provolone CheesePotato ChipsBroccoli SaladOat BreadFresh Fruit |

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

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