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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** Breaded Fish  Roasted Potatoes  Ratatouille  Vienna Bread  Pineapple | **2** Deli Turkey  Citrus Quinoa Salad  Garden Salad  MG Bread  Lorna Doones | **3** Pot Roast & Au Jus  Butternut Squash  Beets  Honey Wheat Roll  Fresh Fruit |
| **6** Lemon Pepper Chicken  Tuscan Bean Pasta  MG Bread  Cookie | **7** Meatloaf & Gravy  Rice  Mixed Veggies  Vienna Bread  Fruit | **8** Hotdog  Baked Beans  Cinnamon Apples  Coleslaw  Hot Dog Roll | **9** Breaded Fish  Roasted Sweet Potato  Cauliflower  Fruit  WW Burger Bun | **10** Spaghetti, Meatballs  & Vegetable Marinara  Oat Bread  Mandarin Oranges |
| **13**  **No Meals**  **Indigenous Peoples’ Day** | **14** Garlic Herb Chicken  Beets  Rice Pilaf  Vienna Bread  Mandarin Oranges | **15** Beef Stew  Couscous  Honey Wheat Roll  Fresh Fruit | **16** Turkey  Bolognese & Pasta  Broccoli  WW Garlic Roll  Lorna Doones | **17** Turkey Sausage  Polenta  Green Beans & Tomato  Oat Bread  Fruit |
| **20** Turkey & Gravy  Carrots  Green Beans  LS Bread  Applesauce | **21** Lemon Garlic Fish  Brown Rice  Beets  Oat Bread  Gelatin | **22** Pork & Apples  Butternut Squash  Brussels Sprouts  Graham Crackers  Garlic Roll | **23** Ground Beef  & Gravy  Corn  Cauliflower  MG Bread  Chilled Fruit | **24** Chicken  Piccata & Pasta  Broccoli  WW Bread  Chilled Fruit |
| **27** Beef Fajita  Beef, Peppers & Onions  Rice & Black Beans  Tortilla  Chilled Fruit | **28**  Coq au Vin  *Chicken, Bacon & Veggies* Steamed Potatoes  Oat Bread  Fresh Orange | **29** Deli Turkey  Vegetable Pasta Salad  Pita Bread  Gelatin | **30** Crab Cake  Chuckwagon Corn  Warm Peaches  Tomatoes & Cucumber  WW Roll | **31** Pork Fried Rice  Green Beans  MG Bread  Pineapple |

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

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A screenshot of a computer

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