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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 FishRoasted PotatoesRatatouilleVienna BreadPineapple | **2** Deli TurkeyCitrus Quinoa SaladGarden SaladMG BreadLorna Doones | **3** Pot Roast & Au JusButternut SquashBeetsHoney Wheat RollFresh Fruit |
| **6** Lemon Pepper ChickenTuscan Bean PastaMG BreadCookie | **7** Meatloaf & GravyRiceMixed VeggiesVienna BreadFruit | **8** HotdogBaked BeansCinnamon ApplesColeslawHot Dog Roll | **9** Breaded FishRoasted Sweet PotatoCauliflowerFruitWW Burger Bun | **10** Spaghetti, Meatballs& Vegetable MarinaraOat BreadMandarin Oranges |
| **13** **No Meals****Indigenous Peoples’ Day** | **14** Garlic Herb ChickenBeetsRice PilafVienna BreadMandarin Oranges | **15** Beef StewCouscousHoney Wheat RollFresh Fruit | **16** TurkeyBolognese & Pasta BroccoliWW Garlic RollLorna Doones | **17** Turkey SausagePolenta Green Beans & TomatoOat BreadFruit |
| **20** Turkey & GravyCarrotsGreen BeansLS BreadApplesauce | **21** Lemon Garlic FishBrown RiceBeetsOat BreadGelatin | **22** Pork & ApplesButternut SquashBrussels SproutsGraham CrackersGarlic Roll | **23** Ground Beef & GravyCornCauliflowerMG BreadChilled Fruit | **24** Chicken Piccata & PastaBroccoliWW BreadChilled Fruit |
| **27** Beef FajitaBeef, Peppers & Onions Rice & Black BeansTortilla Chilled Fruit | **28**  Coq au Vin *Chicken, Bacon & Veggies* Steamed PotatoesOat BreadFresh Orange | **29** Deli TurkeyVegetable Pasta Salad Pita BreadGelatin | **30** Crab CakeChuckwagon CornWarm PeachesTomatoes & CucumberWW Roll | **31** Pork Fried RiceGreen BeansMG BreadPineapple |

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

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