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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** Cheese OmeletTurkey SausageMashed PotatoesPeas Puree FruitHealthy Shake | **2** Chicken SaladSesame NoodlesPuree FruitYogurtHealthy Shake | **3** Pot RoastButternut SquashBeetsPuddingHealthy Shake |
| **6** Lemon Pepper Chicken PastaSpinachPuree FruitHealthy Fruit | **7** Meatloaf & GravyMashed PotatoesCarrotsPuree FruitHealthy Shake | **8** Pork DijonMashed PotatoesCinnamon ApplesYogurtHealthy Shake | **9** Breaded FishMashed Sweet PotatoCauliflowerPuddingHealthy Shake | **10** Stuffed Shells &Marinara SaucePeasPuree FruitHealthy Shake |
| **13** **No Meals****Indigenous Peoples’ Day** | **14** Chicken Supreme BeetsButternut SquashPuree FruitHealthy Shake | **15** Beef StewMashed PotatoesPuree FruitHealthy Shake | **16** Ravioli & Turkey BolognesePeasPuddingPuree Fruit | **17** Cheese OmeletTurkey SausagePolentaSpinachYogurtHealthy Shake |
| **20** Turkey & GravyMashed PotatoesCarrotsPuree FruitHealthy Shake | **21** Lemon Garlic FishCreamed SpinachBeets YogurtHealthy Shake | **22** Pork & ApplesButternut SquashCauliflowerPuddingHealthy Shake | **23** Beef & GravyMashed PotatoesPeasPuree FruitHealthy Shake | **24** Chicken Piccata & PastaCarrotsPuree FruitHealthy Shake |
| **27** Fajita SeasonedBeef Sweet PotatoPuree FruitHealthy Shake | **28** Chicken & GravyMashed PotatoesCarrots Puree FruitHealthy Shake | **29** Egg SaladPasta SaladPuree FruitYogurtHealthy Shake | **30** Crab CakeMashed PotatoesWarm PeachesPuddingHealthy Shake | **31** Butternut SquashMacaroni & CheesePeasPuree FruitHealthy Shake |

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

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