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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 Omelet  Turkey Sausage  Mashed Potatoes  Peas  Puree Fruit  Healthy Shake | **2** Chicken Salad  Sesame Noodles  Puree Fruit  Yogurt  Healthy Shake | **3** Pot Roast  Butternut Squash  Beets  Pudding  Healthy Shake |
| **6** Lemon Pepper Chicken Pasta  Spinach  Puree Fruit  Healthy Fruit | **7** Meatloaf & Gravy  Mashed Potatoes  Carrots  Puree Fruit  Healthy Shake | **8** Pork Dijon  Mashed Potatoes  Cinnamon Apples  Yogurt  Healthy Shake | **9** Breaded Fish  Mashed Sweet Potato  Cauliflower  Pudding  Healthy Shake | **10** Stuffed Shells &  Marinara Sauce  Peas  Puree Fruit  Healthy Shake |
| **13**  **No Meals**  **Indigenous Peoples’ Day** | **14** Chicken Supreme  Beets  Butternut Squash  Puree Fruit  Healthy Shake | **15** Beef Stew  Mashed Potatoes  Puree Fruit  Healthy Shake | **16** Ravioli &  Turkey Bolognese  Peas  Pudding  Puree Fruit | **17** Cheese Omelet  Turkey Sausage  Polenta  Spinach  Yogurt  Healthy Shake |
| **20** Turkey & Gravy  Mashed Potatoes  Carrots  Puree Fruit  Healthy Shake | **21** Lemon Garlic Fish  Creamed Spinach  Beets  Yogurt  Healthy Shake | **22** Pork & Apples  Butternut Squash  Cauliflower  Pudding  Healthy Shake | **23** Beef & Gravy  Mashed Potatoes  Peas  Puree Fruit  Healthy Shake | **24** Chicken  Piccata & Pasta  Carrots  Puree Fruit  Healthy Shake |
| **27** Fajita SeasonedBeef  Sweet Potato  Puree Fruit  Healthy Shake | **28** Chicken & Gravy  Mashed Potatoes  Carrots  Puree Fruit  Healthy Shake | **29** Egg Salad  Pasta Salad  Puree Fruit  Yogurt  Healthy Shake | **30** Crab Cake  Mashed Potatoes  Warm Peaches  Pudding  Healthy Shake | **31** Butternut Squash  Macaroni & Cheese  Peas  Puree Fruit  Healthy Shake |

**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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