

### March 2023 Puree Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A \$2.00 confidential donation is suggested per meal.                      Donation letters are mailed monthly.  <b>Menu Subject to Change Without Notice</b>  <b>Nutrition Questions?</b> Contact Leigh Hartwell                      @ 978-651-3023 or lhartwell@agespan.org</p>		<p><b>1</b> Mac and Cheese                      Peas                      Healthy Shake                      Yogurt</p>	<p><b>2</b> Ground Turkey &amp;                      Sweet Potatoes                      Cauliflower                      Healthy Shake                      Fruit</p>	<p><b>3</b> Salmon &amp; Dill Sauce                      Mashed Potatoes                      Carrots                      Healthy Shake                      Fruit</p>
<p><b>6</b> Chicken, Broccoli &amp;                      Cheese                      Mashed Potatoes                      Peas                      Healthy Shake                      Fruit</p>	<p><b>7</b> Stuffed Shells                      w/Marinara Sauce                      Cauliflower                      Healthy Shake                      Fruit</p>	<p><b>8</b> Meatloaf w/Gravy                      Mashed Potatoes                      Beets                      Healthy Shake                      Yogurt</p>	<p><b>9</b> Crab Cakes                      Orzo                      Peas                      Healthy Shake                      Fruit</p>	<p><b>10</b> Veggie Burger                      Mashed Potato                      Carrots                      Healthy Shake                      Vanilla Pudding</p>
<p><b>13</b> BBQ Pork Rib                      Butternut                      Cauliflower                      Healthy Shake                      Applesauce</p>	<p><b>14</b> Breaded Chicken                      w/Country Gravy                      Mashed Potato                      Beets                      Healthy Shake                      Fruit</p>	<p><b>15 Cold meal:</b> Egg Salad                      Sweet Potato Salad                      Yogurt                      Juice                      Healthy Shake                      Fruit</p>	<p><b>16 Special:</b> Corned Beef                      Carrot &amp; Turnip blend                      Steamed Potatoes                      Healthy Shake                      Pudding</p>	<p><b>17</b> Ravioli w/Garlic                      Cream Sauce                      Peas                      Healthy Shake                      Fruit</p>
<p><b>20</b> Grilled Chicken &amp;                      Pasta w/Alfredo Sauce                      Peas                      Healthy Shake                      Fruit</p>	<p><b>21</b> Turkey w/Gravy                      Mashed potato                      Carrots                      Healthy Shake                      Pudding</p>	<p><b>22</b> Pork w/Apples                      Sweet Potatoes                      Cauliflower                      Healthy Shake                      Fruit</p>	<p><b>23</b> Steak                      Mashed Potatoes                      Carrots                      Healthy Shake                      Fruit</p>	<p><b>24</b> Broccoli Frittata                      Cinnamon Apples                      Mashed Potatoes                      Yogurt &amp; Juice                      Healthy Shake</p>
<p><b>27</b> Meatballs                      w/Marinara &amp; Pasta                      Creamed Spinach                      Healthy Shake                      Yogurt</p>	<p><b>28</b> Pot Roast                      Peas                      Mashed Potatoes                      Healthy Shake                      Fruit</p>	<p><b>29</b> Chicken Pot Pie                      Whipped Potato                      Healthy Shake                      Pudding</p>	<p><b>30</b> Hot Dog                      Mashed Potatoes                      Beets                      Healthy Shake                      Fruit</p>	<p><b>31</b> Cod w/Garlic &amp; Wine                      Sweet Potatoes                      Cauliflower                      Healthy Shake                      Fruit</p>

**For cancellations, please call: 978-686-1422 at least 24 hours in advance.**