

August 2017 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Stuffed Cabbage Wild Rice Mixed Vegetables Mandarin Orange	2 Chicken Cordon Bleu Whipped Red Bliss Potato Corn Fresh Apple	3 Pork Roast Rice Pilaf Mixed Vegetables w/ Red Peppers Apple Crisp	4 Fish Florentine Garlic Roasted Potatoes Julienne Vegetables Sliced Strawberries
7 Shepherd's Pie Whipped Potato Creamed Corn Canned Pineapple	8 Chicken Pot Pie Side Garden Salad Whipped Potato Fresh Orange	9 Open Face Roast Beef O'Brien Potato Peas Apricots	10 Chicken Stir Fry White Rice Oriental Mixed Vegetables w/ Red Peppers Diced Peaches	11 Spinach Pie Wild Rice Vanilla Ice Cream
14 Mac & Cheese Low Sodium Hot Dog Asparagus Fresh Strawberry Parfait	15 Chicken Broccoli Ziti In Alfredo Sauce Caesar Salad Strawberries	16 Meatloaf Whipped Red Bliss Potato Sweet Corn Watermelon	17 Walnut Cranberry Chicken Salad (over leafy greens) Fresh Plum Fresh Cantaloupe	18 BIRTHDAY LUNCH Chicken Parmesan w/ Pasta & Zucchini Mandarin Orange Birthday Cake
21 Stuffed Shells Side Caesar Salad Italian Mixed Vegetables Mixed Fruit	22 Roast Turkey Cranberry Sauce Red Bliss Mashed Potato Peas & Pearl Onions Chocolate Pudding	23 Chicken Pesto Side Caesar Salad Baked Potato Fresh Fruit	24 Chef Salad (mixed greens w/ ham, turkey, roast beef, egg, cheese, tomato, cukes, red onion) Peach Melba	25 Lemon Pepper Fish Roasted Red Bliss Potatoes Broccoli w/ Red Peppers Sliced Strawberries
28 American Chop Suey Mixed Vegetables Side Greek Salad Fresh Cantaloupe	29 Stuffed Chicken Scalloped Potatoes Cauliflower Upside Down Pineapple Cake	30 Turkey Burger Red Bliss Potato Salad Cole Slaw Fresh Pear	31 Pot Roast Red Bliss Mashed Potato Glazed Carrots Strawberry Yogurt Parfait	Menu Subject to Change Without Notice

Fruit is available as a dessert alternative. Please ask the nutrition program staff for assistance.
Whole Grain Bread, butter and milk served daily by Elder Services of the Merrimack Valley, Inc.

LUNCH REGISTRATION: Phone reservations will be taken until 2:00 p.m. the day before you wish to come. Better yet, make your reservations on the touch screen in the lobby. Need help with that, just ask the greeter. When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. **The suggested donation is \$2.50.** Call 978-623-8321 for more info.