


December 2016 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Menu Subject to Change Without Notice			1 Meatloaf Red Bliss Mashed Potato Corn Apple/Cookie	2 Baked Fish Baked Potato Mixed Vegetable Sliced Strawberries
5 Breakfast for lunch Eggs, French Toast, Bacon Fresh Fruit	6 Chicken Breast Sandwich Corn Chowder Cantaloupe	7 Hot Turkey Meal Sandwich Red Bliss Mashed Potato Green Beans Apple Crisp	8 Shepherd's Pie Topped with Mashed Potato Mixed Vegetables Mandarin Orange	9 Lemon Scrod Roasted Red Bliss Potato Glazed Carrots Pumpkin Cookie
12 Beef Stroganoff Over Egg Noodles Mixed Vegetable Banana	13 Chicken Breast Stuffed Rice Pilaf Caesar Salad Peach Melba	14 Pork and Baked Apples Roasted Garlic Red Bliss Potato Winter Squash Rice Pudding	15 Baked Fish Whipped Potato Glazed Carrots Canned Pineapple	16 BIRTHDAY LUNCH Meatloaf Twice Baked Potato Broccoli Sliced Peaches Birthday Cake
19 Chicken Piccata Over Penne Pasta Spinach Vanilla Pudding	20 Salmon & Risotto Mixed Vegetable Apricots	21 CHRISTMAS LUNCHEON Roast Beef, Au Gratin Potatoes, Green Beans, Fruit Cocktail Special Dessert –Yule Log	22 Low Sodium Ham & Baked Beans Cole Slaw Apple	23 Pot Roast Red Bliss Mashed Potato Glazed Carrots Brownie
26 CLOSED FOR CHRISTMAS HOLIDAY 	27 Baked Ziti with Hamburger and Ricotta Cheese Caesar Salad Strawberry Parfait	28 Cheese Pizza Garden Salad topped with Sliced Chicken Fruit Cup Cookie	29 Chicken Parmesan (low sodium sauce) Served Over Penne Asparagus Orange	30 Chinese Chicken & Vegetable Stir Fry Boiled White Rice Indian Bread Pudding

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.