

February 2017 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 American Chop Suey Peppers & Onions Sliced Honeydew	2 Salmon Risotto Cauliflower w/ Red Peppers Apple	3 Chicken Stir Fry On White Rice w/ Mixed Vegetables Sliced Strawberries
6 Low Sodium Ham & Baked Beans Cole Slaw Orange	7 Stuffed Chicken Breast Au Gratin Potatoes Brussel Sprouts Peach Melba	8 Baked Fish Roasted Red Bliss Potato Broccoli Fresh Mixed Fruit	9 Roast Pork Mashed Sweet Potato Mixed Vegetable w/ Peppers Apple Sauce	10 BIRTHDAY LUNCH Baked Ziti with Hamburger Italian Mixed Vegetable w/ Peppers Fresh Cantaloupe Birthday Cake
13 Chicken Picatta Roasted Red Bliss Potato Green Beans Banana	14 VALENTINE'S DAY Homemade Meatballs & Spaghetti Caesar Salad Valentine's Cupcakes	15 Soup & Salad (Chef Salad & Veg. Soup) Diced Pineapple	16 Pot Roast Red Bliss Whipped Potato Glazed Carrots Strawberry Parfait	17 CHINESE NEW YEAR Tickets \$7.00 At Old Town Hall 10:15 am – 1:30 pm (no congregate lunch)
20 CLOSED FOR PRESIDENT'S DAY	21 Beef Stroganoff Over Egg Noodles Mixed Vegetables w/ Peppers Canned Peaches	22 Open Faced Turkey Red Bliss Mashed Potato Asparagus Fresh Cut Cantaloupe	23 Cranberry Garden Salad w/ Chicken Salad Vegetable Soup Vanilla Pudding	24 Chicken Drumsticks Baked Potato Broccoli Apple & Cookie
27 Shepherd's Pie w/ Corn and Mashed Potato Sliced Strawberries	28 Cheese Pizza & Garden Salad Apple Crisp			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.