

January 2017 Congregate Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR NEW YEAR'S HOLIDAY 	3 Chicken Breast Stuffed Rice Pilaf Carrots Sliced Strawberries	4 Beef Stew Caesar Salad Julienne Carrots Peach Melba	5 Chicken Pot Pie Red Bliss Mashed Potato Brussel Sprouts Apricots	6 Tilapia w/ Lemon Sauce Brown Rice Zucchini & Tomatoes Brownie
9 Shepherd's Pie Topped with Mashed Potato Mixed Vegetables (w/ Peppers) Mixed Fruit	10 Chicken Drumsticks Brown Rice Asparagus w/ Roasted Red Peppers Mandarin Orange	11 Meatloaf Red Bliss Mashed Potato Corn Canned Pineapple (in juice)	12 Chicken Pesto w/ Fresh Mozzarella Roasted Red Bliss Potato Broccoli Cookie	13 Pork Stir Fry White Rice Carrots, Bok Choy, Onions, Green Peppers Fresh Cantaloupe
16 CLOSED FOR MARTIN LUTHER KING DAY	17 Lemon Scrod Sweet Potato Peas & Pearled Onions Apple	18 Chicken Parmesan w/ Ziti Caesar Salad Cookie	19 American Chop Suey Mixed Vegetables w/ Red & Green Peppers Fresh Cantaloupe	20 BIRTHDAY LUNCH Pot Roast Twice Baked Potato Broccoli Birthday Cake
23 Chicken Marsala Red Bliss Mashed Potato Mixed Vegetables Sliced Cantaloupe	24 Low Sodium Hot Dog Macaroni & Cheese Side Salad Sliced Honeydew	25 Open Faced Roast Beef O'Brien Potatoes Spinach Brownie	26 Baked Chicken w/Sun Dried Tomato Sauce Red Bliss Whipped Potato Butternut Squash Canned Pineapple (in juice)	27 Chicken Stir Fry White Rice Carrots, Bok Choy, Onions, Green Peppers Apricots
30 Chicken Parmesan w/ Ziti Caesar Salad Cookie	31 Spinach Pie Wild Rice Sliced Strawberries			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.