

July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
		Menu Subject to Change Without Notice		1 Cook Out L.S. Hot Dog or Hamburger Cole Slaw Watermelon Fresh Strawberries
4 Closed  Independence Day	5 Shepherd's Pie w/ Mixed Vegetables and Whipped Potatoes Peaches	6 Pork Roast Red Bliss Roasted Potato Brussel Sprouts Banana	7 Chicken Caesar Salad Potato Salad Mandarin Orange Cookie	8 Breaded Fish Baked Potato Summer Squash & Zucchini Sliced Apples
11 Chicken Pot Pie Mashed Sweet Potatoes Banana	12 Meatloaf Red Bliss Whipped Potatoes Glazed Carrots Strawberry Shortcake	13 Pot Roast Red Bliss Mashed Potato Carrots Fresh Strawberries	14 Stuffed Pepper Italian Mixed Vegetables Chef's Choice for Dessert	15 Garden Salad w/ Tuna Pasta Salad Fresh Orange
18 American Chop Suey Mixed Vegetables Fresh Cantaloupe	19 Stuffed Chicken Scalloped Potatoes Corn Sliced Pineapple	20 Roasted Turkey Whipped Potatoes Broccoli Peach Melba	21 Summer Salad (mixed greens, cranberries, chicken, walnuts, feta cheese) Potato Salad Fresh Strawberry Parfait	22 Spinach Pie Fresh Fruit Cookie
25 Eggplant Parmesan w/ Ziti Brownie w/ Ice Cream	26 Tuna Roll Potato Salad Cole Slaw Apricots	27 Chicken Piccata Rice Pilaf Asparagus Vanilla Pudding	28 Open Faced Roast Beef O'Brien Potatoes Peas Mixed Fruit Cup	29 Lemon Pepper Fish Baked Potato Mixed Vegetables Nectarine

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.