

September 2021 Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1) Lemon Chicken</b> w/red potato, veggie blend, pudding & whole wheat roll Cal: 680; Carb: 90; Sod: 1010	<b>2) Pulled Pork</b> w/sweet tater tots, zucchini w/ red pepper, cookie & whole wheat roll Cal: 1040; Carb: 100; Sod: 1100	<b>3) Teriyaki Chicken</b> w/meatballs, rice, veggie blend, whole wheat bread & pineapple Cal: 635; Carb: 90 Sod: 780
<b>6) Labor Day Senior Center Closed</b>	<b>7) Shepherd's Pie</b> w/ broccoli, chilled fruit & whole wheat roll Cal: 715; Carb: 80; Sod: 720	<b>8) Rib A Que</b> w/sweet potato, green beans, fresh fruit & corn bread Cal: 745; Carb: 105; Sod: 1095	<b>9) Special: Hawaiian Chicken,</b> fried rice, veggie blend, luau cake & whole wheat bread Cal: 765; Carb: 115; Sod: 710	<b>10) Frittata</b> w/ sausage, baked beans, veggie blend, yogurt, juice & fruit loaf Cal: 670; Carb: 90; Sod: 905
<b>13) Calypso Salmon</b> w/ rice & beans, broccoli, chilled fruit & multi grain bread Cal: 590; Carb: 75; Sod: 895	<b>14) Cold: Tarragon Chicken Salad</b> w/ tomato salad, pasta salad, fresh fruit & fruit loaf Cal: 695; Carb: 85; Sod: 800	<b>15) Salisbury Steak</b> w/ roasted potato, corn & red pepper, Jello & biscuit Cal: 720; Carb: 95; Sod: 1035	<b>16) Tai Chicken</b> w/ brown rice, veggie blend, brownie & whole wheat roll Cal: 935; Carb: 140; Sod: 1050	<b>17) No Meals Today per Elder Services of the Merrimack Valley and North Shore</b>
<b>20) Chicken Cordon Bleu</b> w/butternut green beans, pears & oat bread Cal: 655; Carb: 75; Sod: 895	<b>21) American Chop Suey</b> w/spinach, peaches & whole wheat bread Cal: 880; Carb: 110; Sod: 1015	<b>22) Cheese, Pepper &amp; Onion Omelet</b> w/home fries, mixed veggies, yogurt & fruit loaf Cal: 710; Carb: 105; Sod: 825	<b>23) Hot Dog</b> w/baked beans, coleslaw, apple crisp & hot dog roll Cal: 715; Carb: 95; Sod: 1175	<b>24) Veal Roulade</b> w/ gravy, mashed potato, brussel sprouts, cantaloupe & corn bread Cal: 775; Carb: 80; Sod: 950
<b>27) Sweet &amp; Sour Pork</b> w/brown rice, veggie blend, honey cake & whole wheat bread Cal: 895; Carb: 120; Sod: 1035	<b>28) Chicken Parm</b> w/pasta, broccoli, mixed fruit & roll Cal: 780; Carb: 100; Sod: 1265	<b>29) Mac &amp; Cheese</b> w/ stewed tomato, mixed fruit & oat bread Cal: 535; Carb: 70; Sod: 615	<b>30) Cold: Turkey Salad</b> w/beet salad, potato salad, honeydew & whole wheat pita bread Cal: 560; Carb: 70; Sod: 1140	