



SEPTEMBER 2019

MENU

Under 60: \$6.00 Charge
60 and Over: \$2.00 Donation
Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed Labor Day	3 Salisbury Steak W/ Gravy Mashed Potatoes Green and Yellow Beans Granola Bar	4 Grilled Chicken Potato Salad, Roll Beet Salad, Orange	5 <u>Grandparents Day Lunch</u> Turkey with Gravy, Sweet Potatoes, Cauliflower Grandmas Cookies**	6 <u>Community Dining Brunch</u> French Toast, Strawberries, Yogurt, Juice, Sausage,
9 Hot Dog & Baked Beans Coleslaw, Brown Bread Cong-On Roll Apple Crisp	10 Chicken A La King Biscuit Carrots Spiced Pears	11 Stuffed Manicotti w/ Tomato Vegetable Sauce Brussel Sprouts Garlic Bread, Apple	12 BBQ Meatball's Rice Garden Blend Vegetable Pineapple	13
↓	S E N I O R	↓	C E N T E R	↓
16 Hearty Chicken Pot Pie Oyster Crackers Broccoli Fruit Cocktail	17 Vegetarian Italian Casserole w/ Cheese, Cauliflower Baked Apples w/ Raisins Yogurt	18 BBQ Chicken Western Potatoes Corn Cookie**	19 <u>Open House</u> Pork w/ Stuffing Gravy Roasted Red Potatoes Butternut Squash Dessert	20 <u>Community Dining Brunch</u> – Western Omelet Potatoes, Juice, Fruit
23 Salmon Burger w/ Aioli Sauce Rice Scandinavian Blend Vegetable Tropical Fruit	24 Swedish Meatball's Mashed Potatoes Garden Blend Vegetable Graham Cracker Pudding**	25 Pork Stew Corn Muffin Peas Orange	26 Chicken Primavera Green Beans Roll Pineapple	27

***Lower Sodium Option**

****Sugar Free Dessert Option**

Each meal provides one third of the USDA required daily allowance of nutrients.

Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.

Alton875-7102
 Belmont267-9867
 Concord M.O.W.225-9092

Horseshoe Pond Place228-6956
 Laconia524-7689
 Mountain View938-2104

Pittsfield.....435-8482
 Suncook.....485-4254
 Tilton.....527-8291
 TRIP (Franklin).....934-4151

For additional information contact Community Action Program Belknap-Merrimack Counties, Inc., Elder Services at 603-225-3295