

AUGUST LUNCH CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salisbury Steak Mashed Potatoes Baby Carrots	2 Tuna Salad Over Mixed Greens	3 Baked Ziti Cucumber Salad	4 Grilled Ham & Cheese "Must Go" Soup
7 Lasagna Garlic Bread	8 Crab Cakes Steak Fries Coleslaw	9 Ranch Chicken Potato O'Brien Mixed Vegetables	10 Pizza Small Salad	11 GRASSROOTS KICKOFF Stuffed Pork Chops Roast Potatoes Vegetables
14 Cobb Salad	15 Swedish Meatballs Egg Noodles Green Beans	16 BIRTHDAY LUNCH Stuffed Chicken Scallop Potatoes Peas & Pearl Onions	17 Baked Salmon Rice Pilaf Vegetable Medley	18 Vegetable Stir Fry Fried Rice
21 Roast Turkey Mashed Potatoes Corn	22 Fruit Salad Cottage Cheese	23 Macaroni & Cheese Stewed Tomatoes	24 OUTSIDE CONCERT Cold Cut Grinder Chips	25 American Chop Suey Garlic Bread
28 Baked Ham Mashed Sweet Potatoes Vegetables	29 Hot Dogs Baked Beans	30 Chicken Caesar Salad	31 Baked Fish Garden Rice Broccoli	