

JULY LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Eggplant Parmesan Spaghetti	3 4TH OF JULY LUNCH BBQ Chicken Leg Potato Salad Corn On The Cob	4 CLOSED FOR HOLIDAY	5 LUNCH & LEARN Reuben Casserole Tater Tots	6 Tuna Macaroni Salad Over Spinach
9 Shepherd's Pie	10 Turkey Waldorf Salad Cucumber Salad	11 OUTSIDE CONCERT Ham, Salami & Cheese Grinder With Chips	12 Salmon Boat Scallop Potato's Mixed Vegetables	13 Pulled Pork Corn Bread Coleslaw
16 Chicken Caccatorie Over Rice	17 Seafood Salad Plate Pasta Salad	18 BIRTHDAY LUNCH Baked Ham Au Gratin Potatoes Glazed Carrots	19 Chef Salad	20 Grilled Vegetable Lasagna
23 Macaroni & Cheese Stewed Tomatoes	24 Grilled Chicken Over Arugula Salad	25 Baked Cod Rice Pilaf Squash Casserole	26 American Chop Suey	27 Ham & Pickle Croissant "Must Go" Soup
30 Hot Dogs Baked Beans Tater Tots	31 Chicken & Broccoli Alfredo	Lunch is served at Noon. We appreciate it if you check in at the nutrition table 10 to 15 minutes before we serve.		