

SEPTEMBER LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY	4 Vegetable Stir Fry Fried Rice	5 OUTSIDE CONCERT Ham & Swiss Grinder Chips <i>Friends Quilt & Craft Fundraiser</i>	6 Tuna Noodle Casserole	7 Hot Dog Baked Beans
10 LUNCH & LEARN Macaroni & Cheese Stewed Tomatoes	11 Taco Salad	12 Turkey Loaf Mashed Potatoes Mixed Vegetables	13 Meat Lasagna Garlic Bread	14 Lemon Chicken Garden Rice Harvard Beets
17 Ham & Cheese Frittata Roasted Potatoes	18 Pineapple, Chicken & Broccoli over Rice	19 BIRTHDAY LUNCH Stuffed Peppers Egg Noodles	20 Chicken Caesar Salad	21 Salmon Boat Scalloped Potatoes Roasted Summer Squash
24 American Chop Suey	25 Tuna Stuffed Tomato Summer Corn Salad	26 Turkey Tetrazzini	27 LUNCH & LEARN Shepherd's Pie	28 Chicken á la King

Help us to keep our food costs down. Remember to cancel if you cannot make it for lunch
 Also, lunch is served at noon, so we appreciate your checking in by 11:45.