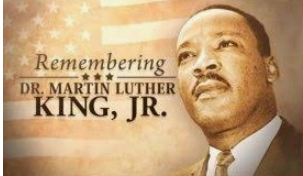


JANUARY 2022 LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Fish and Chips 3 Bean salad	4 American Chop Suey Garlic bread	5 <u>Grab and Go:</u> Cobb Salad	6 Hot dogs and Beans Brown Bread	7 Chicken Caesar Salad Biscuit
10 Chicken Louisa White rice vegetable	11 Taco Salad Corn bread	12 <u>Grab and Go:</u> Swedish meatballs over egg noodles	13 Pulled Pork Sandwich Sweet potato fries Cole slaw	14 Ham and Broccoli Casserole
17 <u>CENTER CLOSED</u> 	18 Sausage and pepper grinder French Fries	19 <u>Grab and Go:</u> Baked Cod	20 <u>Birthday Lunch!</u> Stuffed Chicken Roasted Potatoes Vegetable	21 Hamburg Chow Mein Egg roll
24 Mild Chili Baked Potato	25 Seafood Casserole Brown rice Vegetable	26 <u>Grab and Go:</u> Roasted Vegetable Lasagna	27 Breaded Pork Chop Scalloped potatoes Vegetable	28 Macaroni and Cheese Stewed tomatoes
31 Ranch Chicken Rice pilaf Broccoli casserole				