


MARCH LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cowboy Burgers Tater Tots	3 Asian Chicken Salad	4 Kielbasa & Sauerkraut Egg Noodles	5 Lazy Turkey Pot Pie	6 Veggie Burger Sweet Potato Fries
9 Grilled Cheese Tomato Soup Chips	10 Ravioli Primavera Garlic Bread	11 Hot Dogs & Beans	12 LUNCH & LEARN Stuffed Peppers Egg Noodles	13 Walnut Crusted Salmon Rice Peas
16 Seafood Salad Croissant With Salad	17 ST PATRICK'S DAY Corned Beef & Cabbage	18 BIRTHDAY LUNCH Chicken Louisa Mashed Potatoes Green Beans	19 American Chop Suey	20 Veggie Frittata Roasted Potatoes
23 Beef & Broccoli Over Rice Eggroll	24 Breaded Pork Chop Baked Potato Corn	25 Taco Salad Corn Bread	26 Chicken Bianco (Lemon Sauce/Mushrooms & Onions) Noodles	27 Fish & Chips Coleslaw
30 Macaroni & Cheese Stewed Tomatoes	31 BBQ Chicken Thighs Potato Salad Carrots	 <p>Welcome Back UMass Nursing Students! UMass Nursing Students will be at the Center on Wednesday's for the next two months. Be sure to stop by their room to introduce yourself and see what they'll be doing while at the Senior Center.</p>		