

# OCTOBER LUNCH MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please be sure to check in at the Nutrition Desk daily. Thanks!</b></p>	<p>Please welcome Christine Toelken to our staff. We are excited to have Christine join us and take over the kitchen! You all know I love to cook but it is time for someone new! Please stop by and say hi and let her know what you would like to see on the menu...beside steak and lobster ;)</p>			<p><b>1</b> No Meals</p>
<p><b>4</b> Salisbury Steak Mashed Potato Vegetable</p>	<p><b>5</b> Pork and Apple Stew Biscuit</p>	<p><b>6</b> <u><b>Grab and Go:</b></u> Vegetable Lasagna Small salad</p>	<p><b>7</b> Chicken Fajita Salad</p>	<p><b>8</b> Meatball Grinder Tater Tots</p>
<p><b>11</b> <b>CENTER CLOSED</b></p>	<p><b>12</b> Meatloaf Au gratin potato Vegetable</p>	<p><b>13</b> <u><b>Grab and Go:</b></u> Cobb Salad Biscuit</p>	<p><b>14</b> Pasta Primavera Garlic bread</p>	<p><b>15</b> Fish and Chips Cole slaw</p>
<p><b>18</b> Chicken Patty Sandwich French Fries</p>	<p><b>19</b> Beef Stroganoff Over egg noodles Vegetable</p>	<p><b>20</b> <u><b>Grab and Go:</b></u> Baked Cod Rice pilaf</p>	<p><b>21</b> <u><b>Birthday lunch!</b></u> Stuffed Pork Chop Scalloped potato Vegetable</p>	<p><b>22</b> Macaroni and cheese Stewed tomatoes</p>
<p><b>25</b> Swedish Meatballs Over egg noodles Mixed vegetable</p>	<p><b>26</b> Vegetable Stir Fry Rice Egg roll</p>	<p><b>27</b> <u><b>Grab and Go:</b></u> Turkey Dinner Stuffing/mashed/carrots</p>	<p><b>28</b> Seafood Salad Plate</p>	<p><b>29</b> <u><b>Halloween Lunch!</b></u> Chicken Marsala Egg noodles Vegetable</p>