

SEPTEMBER LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
Please be sure to check in at the Nutrition Desk daily. Thanks!		1 Grab and Go: Baked Ham Dinner	2 American Chop Suey	3 Turkey Dinner
6 CENTER CLOSED	7 Pizza Small salad	8 Grab and Go: Stuffed Shells	9 Cowboy Burger French Fries	10 Strawberry Spinach Salad with chicken
13 Chicken Noodle Casserole	14 Mild Chili Baked Potato	15 Grab and Go: Fish and Chips	16 Birthday lunch! Stuffed Chicken Garden rice Vegetable	17 Pulled Pork Sandwich Sweet potato fries Cole slaw
20 Stuffed pepper Buttered egg noodles	21 Chef Salad	22 Grab and Go: Chicken Louisa	23 Tuna melt with soup	24 Ziti Sausage Bake
27 Shrimp Scampi Over linguini	28 Shepherd's Pie	29 Grab and Go: Vegetable Frittata	30 Chicken Salad Plate	Oct 1 Ham and Broccoli Casserole